



X-Ray

Our Mission

Nicklaus Children's Hospital's mission is to inspire hope and promote lifelong health by providing the best care to every child. We focus on family-centered care in order to provide an optimal experience for patients and their families. We believe that parents and guardians play a vital role in the success of this test and want you to have an active role in your child's healthcare. The following information is to help prepare both you and your child for the scheduled exam.

What is an X-ray?

- An X-ray is a large camera that helps doctors understand more about what is happening on the inside of the body by taking pictures of the bones and organs. The camera never touches your child, it only takes pictures.
- X-rays are painless and use a small, safe dose of radiation to help form pictures.
- *Women who are pregnant are not permitted to be in the room during the x-ray.* Please bring another adult who can stay with your child during the scan. Any other children present will need to be supervised in the radiology waiting room.
- To get the best results, it is important for your child to hold as still as possible during the X-ray.
- Caregivers play an important part in helping the child remain still and calm. Below is a list of ways to prepare yourself for the X-ray and how to help your child.

What to Expect During the Procedure

Step 1: Getting Ready

- From the waiting room, you will be brought to the X-ray room where you will see a large camera and a long table.
- Your child may be asked to change into a gown and lay or sit in a certain position on the "picture table" depending on the kind of X-ray.

Step 2: Taking Pictures

- During the X-ray you will be asked to wear a lead vest to help protect you from radiation exposure during the scan. The staff will do everything they can to ensure that your child is exposed to the least amount of radiation possible.
- The technologist will position your child and begin the exam, on average an X-ray can take 15 minutes, however, there are exams that will take longer.

Step 3: Results

Your doctor will contact you in 48 to 72 business hours.

Child Life Specialists

A part of the Child Life Specialist's role in the Radiology Department is to help children and families cope with the anxiety and fear associated with medical procedures. A Child Life Specialist may be available on the day of the exam to provide education and coping strategies. For more information, please contact Nicklaus Children's Hospital's Children's Experiences Department at 305-666-6511 extension 4875 and select #1.