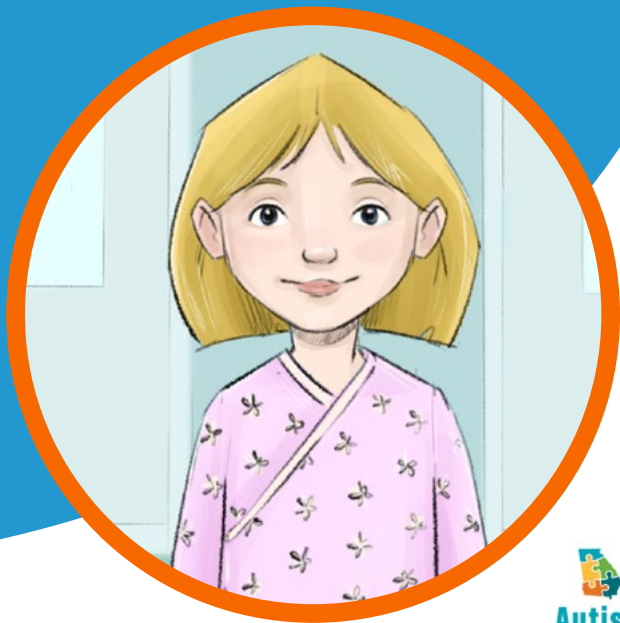
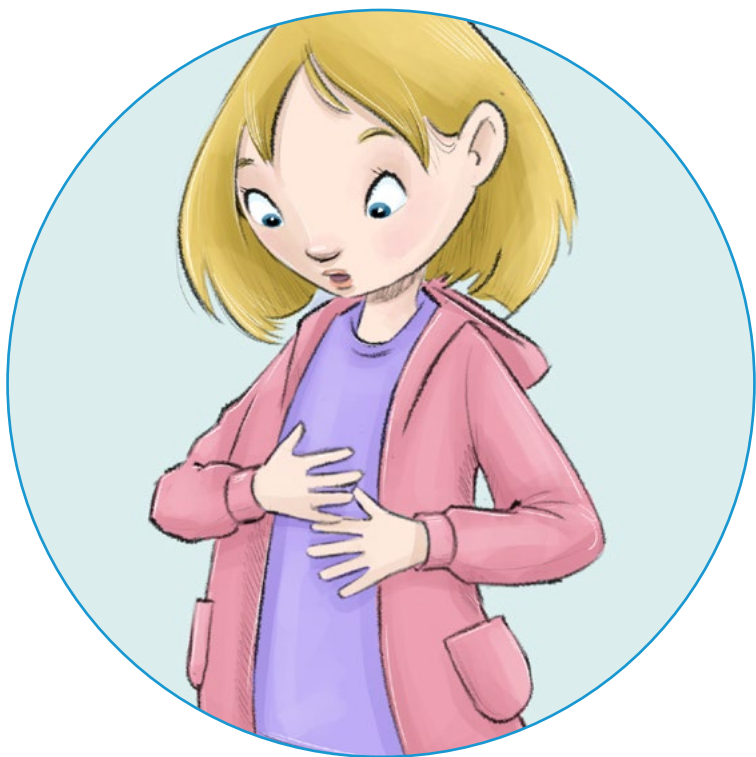


Getting an X-Ray at the Doctor's Office

Series 1

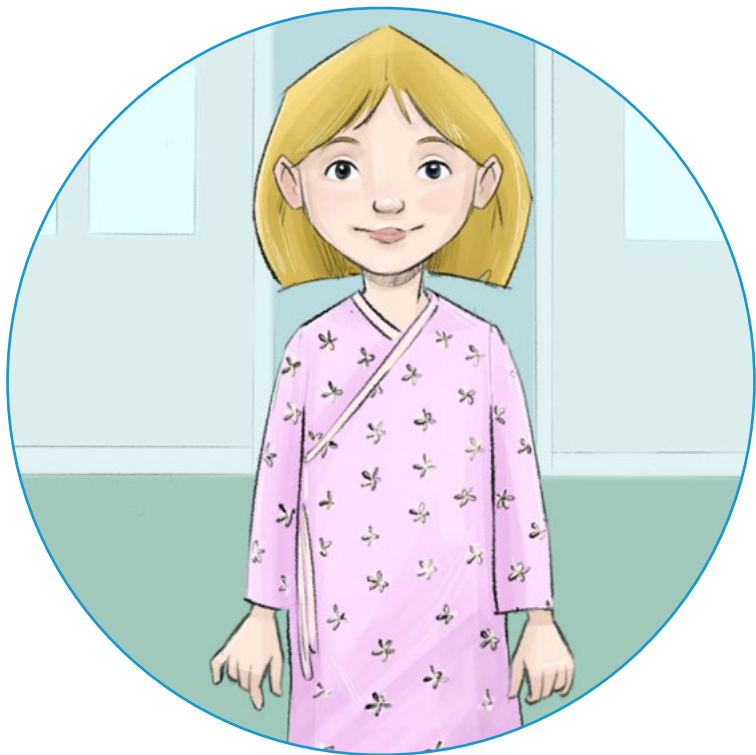
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Sometimes when I go to the doctor's office, the doctor wants to learn more about what is happening inside my body.

To see inside my body, the doctor might ask for an x-ray. An x-ray is a special kind of picture that helps the doctor see inside my body. It can show bones, lungs, and other parts that the doctor cannot see just by looking. X-rays help doctors understand what is happening so they can help me feel better.



When it's time for an x-ray, a nurse or technician will bring us to a special room. This room has a big camera that takes pictures of the inside of the body.

Before the x-ray, the nurse might give me a gown to wear. This is okay. The gown feels comfortable and my grown-up will stay close by the whole time.



When it is time for the x-ray, the nurse may ask me to sit, stand, or lie down, depending on what part of my body needs a picture. The camera might move up or down to take the best picture.

The x-ray machine might make soft clicking or buzzing sounds, but the x-ray does not hurt. I will not feel anything from the machine. It may feel cold or quiet in the room though.



The x-ray usually takes just a few minutes.

To help the picture come out clear, I will need to stay very still. The nurse might say something like, “Hold still like a statue!” or “Stay frozen like a superhero.”



If I feel nervous or scared, that is okay. I can take slow breaths and I can tell the nurse or my grown up how I'm feeling.

I can also ask the nurse to explain what is happening. It is okay to ask questions. It is okay to ask for a break.



When the x-rays are done, I can change back into my clothes if I wore a gown and go back to the regular room. The doctor will look at the pictures later and talk with us about what they show.

I did something brave by getting an x-ray. I can do hard things. I am strong and I have people who can help me.



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Getting an X-Ray at the Doctor's Office

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