

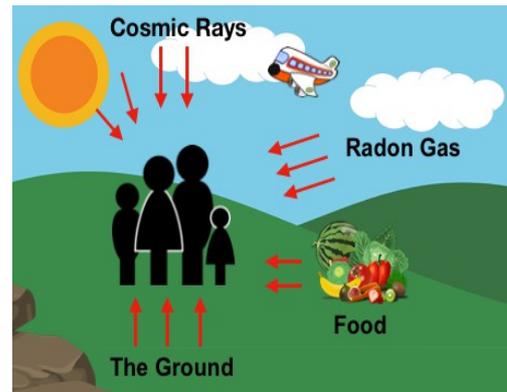
Examinations using radiation – Am I Safe?

X-rays and gamma rays are types of ionising radiation. Different types of machines use radiation in different ways to examine the insides of the human body by creating an image like a photograph. Types of examinations that use radiation are X-rays, Mammograms, Fluoroscopy, CT, DEXA and Nuclear Medicine.

Is Radiation Dangerous?

We receive radiation every day from the ground and the atmosphere. We even receive radiation from some foods and airplane flights. The doses from most radiological examinations are low in relation to those we receive from natural background radiation.

Generally, the amount of radiation you're exposed to during a radiological examination is the equivalent to between a few days / years of exposure to natural radiation from the environment. This level of radiation dose is too small to produce any immediate harmful effects however exposure to radiation does carry a risk of causing cancer many years or decades later, but this risk is very small.



Every effort is made to keep radiation doses low and the benefits and risks of having a radiological examination will be weighed up before it's recommended.

A baby in the womb is more sensitive to radiation than adults so we are careful about imaging during pregnancy.

How can I protect myself?

- Tell the radiographer if you have had any other examinations using radiation recently
- Tell the radiographer if you are, or suspect you might be pregnant
- Ask your Doctor or the Radiographer if you have any queries or concerns

For more information

Please speak to a Radiographer in the Radiology department or see the information leaflet X-rays How Safe are they?

Visit one of the following websites;

<https://www.nhs.uk/conditions/x-ray/#are-xrays-safe>

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/tests/x-rays>

Alternatively e-mail IRMER@NNUH.NHS.UK with a question where you should receive a reply within three working days.

