

# Having an X-Ray

An x-ray takes pictures of the inside of your body so that your doctor can check bones or organs for problems. The test is safe, quick and painless. The type of x-ray you have will depend upon the area being looked at and why.

**If you are pregnant, or think you might be, tell the staff before the test.**

## **To Prepare**

You may need to remove clothing with metal parts, snaps or zippers. You may also need to remove jewelry or eyeglasses. You may be asked to wear a hospital gown.

## **During the Test**

You may be given a heavy apron to protect other parts of your body from exposure to the x-rays.

Staff will help position you for the test, then move behind a wall. You may be told to hold your breath or to not move for a short time. Movement can cause the pictures to be blurry.

Most x-rays only take a few minutes.

## **After the Test**

Test results will be sent to your doctor. Your doctor will discuss the results with you.

# Is-sawirka X-Ray/Raajada

Sawirka X-ray/Rajowaxa weeye marka lagu sawiro ee jidhkaaga gudhihiisa la sawiro, si uu dhakhtarkaagu uga baadho unugyada jidhkaaga iyo lafahaaga wixii dhibaato ah ee jira. Baadhitaankani waa mid aan khatar ahayn, degdeg ah oo aan wax xanuun ah lahayn. Nooca sawirka ee aad u baahantahay wuxuu ku xidhan yahay meesha uu dhakhtarku rabo inuu eego iyo sababta.

**Haddii aad uur leedahay, amase aad ka shakisantahay sidaas, u sheeg shaqaalaha baadhitaanka ka hor.**

## Is diyaarinta

Waxaa lagaa saari karaa dharka leh qaybo bir ah, sida baddhamada iyo siibka. Waxaa kale oo lagaa saari karaa dahabka iyo muraayadda indhaha. Waxaa lagu waydiin karaa inaad xidhato dharka dhakhtarka.

## Inta uu socdo baadhitaanku

Waxaa laga yaabaa in lagu siiyo wax culus oo kaa celin kara sawirka jidhka intiisa kale ee aan la rabin in la sawiro.

Shaqaaluhu way ku caawin doonaan intaad isbaadhayso, deedna waxay ka gabbanayaan marka lagu sawiraayo. Waxaa lagu waydiin karaa inaad neefsato amase aad neefta isku celiso in yar. Dhaqdhaqaaqu wuxuu kharibi karaa sawirka.

Inta badan sawirkani waqti yar oo dhowr minit ah buu u baahanyahay.

## Baadhitaanka ka dib

Maxsuulka baadhitaanka waxaa loo dirayaa dhakhtarkaaga. Isaga ayaa dhakhtarkaagu kuu sheegi doona wixii ka soo baxay.

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