

# Chest X-ray

A chest x-ray is a picture of your chest that shows your lungs, heart and bones. This test is quick and painless.

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

**Arrive on time for your test.** The test takes about 15 minutes. Plan to be here about 30 minutes.

## During the Test

- You will need to remove clothing with metal in it, such as a bra or shirts with snaps or zippers. You may be asked to wear a hospital gown.
- Two x-rays are taken. You will be told to take a deep breath and hold it when the x-rays are taken.
  - ▶ For the first x-ray, stand facing the x-ray board. Your arms are moved forward to move your shoulder blades apart.
  - ▶ For the second x-ray, stand with your left side against the x-ray board with both arms raised above your head.

Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any questions or concerns.**

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