

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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Radiografía (rayos X) de tórax

Una radiografía de tórax es una imagen del pecho que muestra los pulmones, el corazón y los huesos. Este examen es rápido e indoloro.

Si está embarazada o cree estarlo, avísele al personal antes del examen.

Llegue puntualmente a su examen. El examen dura aproximadamente 15 minutos, de modo que calcule su permanencia aquí en alrededor de 30 minutos.

Durante el examen

- Se deberá sacar la ropa que contenga metal, como el sostén o camisas con broches o cierres. Puede que se le solicite usar una bata de hospital.
- Se tomarán dos radiografías. Se le pedirá que respire profundamente y mantenga el aire cuando se tomen las radiografías.
 - ▶ Para la primera radiografía, se parará mirando hacia la máquina de radiografías. Le colocarán los brazos hacia delante para separar los omóplatos.
 - ▶ Para la segunda radiografía, se parará con su lado izquierdo contra la máquina de radiografías con ambos brazos sobre su cabeza.

Los resultados del examen se le envían a su médico, quien los analizará con usted.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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