



York Hospital

WELLSPAN



Patient Education  
**X-ray**



**What you should know about your Ankle X-ray.**

**Purpose:**

These x-rays are done to check for fractures, arthritis or dislocations.

**Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that interferes with the x-rays.

**Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

**After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

**Imaging Department Phone Number:  
(717) 851-4624**



## **What you should know about your Arthrogram**

### **Purpose:**

An Arthrogram is a radiographic study of a joint or joints. Joints that can be examined this way include the knee, shoulder, hip, wrist, elbow and ankle joints. Arthrograms are performed in conjunction with either MRI's or Cat Scans. One of these exams will be performed after the arthrogram.

### **Preparation:**

- You will be contacted by hospital personnel a few days prior to your exam to review your allergies, medical history and current medications.

### **While at the hospital you should expect:**

- You will be asked to verify your name, date of birth and the exam you are having done.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may be asked to remove jewelry, eye glasses and any metal objects that may interfere with the x-rays.

### **Procedure: What to Expect**

- You will be asked again to verify your name and date of birth and the exam you are having done.
- Before your exam begins, a nurse will ask you about any allergies you may have, current medications, medical history and may also take your vital signs.
- Prior to signing the consent for the exam, the radiologist will talk with you about the exam and answer any questions you may have.
- The radiologist and technologist will perform your arthrogram together.
- You will need to lie on a hard x-ray table for the exam.
- Sterile technique will be utilized during the exam, as the area of interest will be properly cleansed.
- The radiologist will inject Lidocaine into the joint, which will numb the area of interest.
- The radiologist will then inject contrast medium into the joint space and take x-rays. You may be asked to move the joint so that the radiologist can obtain different views.
- Once the radiologist is finished taking x-rays, you will be taken to another area of the Imaging Department for the final phase of your exam (MRI or Cat Scan).



***Arthrogram continued***

**After the Test:**

- You will be able to resume normal activity, although the area of interest may feel “tight” or slightly numb due to the Lidocaine being injected.
- Your exam will be read by a radiologist and the report will be sent to your ordering physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologist if there is any chance of pregnancy.

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***Barium Enema with Air continued***

- We will take one preliminary x-ray of your abdomen.
- A lubricated enema tip will be inserted into your rectum. It is specially designed to help you hold the enema, but the sensation will make you feel like you need to move your bowels.
- Some liquid barium will run through the tip into your colon. This will give you a full feeling as it fills your colon. The radiologist will be watching with the fluoroscopic machine as this proceeds.
- Some of the barium will be drained out, and some puffs of air will be sent through the tip to inflate the loops of your colon as you are rolled from side to side to allow the barium to coat the lining of your colon.
- You may feel some discomfort, but the examination is generally not painful.
- When the whole colon is filled with a combination of air and barium, the technologist will take some additional x-rays with the conventional x-ray machine.
- You will then be assisted into the bathroom to expel the air and barium, and then you may return to the x-ray room for an additional x-ray before you leave the radiographer room and return to the gowning area.

**After the Exam:**

- You should drink extra amounts of liquids to help flush any residual barium out of your colon. If necessary, you may take a mild laxative to help this process.
- You may resume your normal diet and routine.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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***Barium Enema without Air continued***

- A lubricated enema tip will be inserted into your rectum. It is specially designed to help you hold the enema, but the sensation will make you feel like you need to move your bowels.
- Some liquid barium will run through the tip into your colon. This will give you a full feeling as it fills your colon. The radiologist will be watching with the fluoroscopic machine as this proceeds.
- You may feel some discomfort, but the examination is generally not painful.
- When the whole colon is filled with barium, the technologist will take some additional x-rays with the conventional x-ray machine.
- You will then be assisted into the bathroom to expel the barium, and then you may return to the x-ray room for an additional x-ray before you leave the radiographer room and return to the gowning area.

**After the Exam:**

- You should drink extra amounts of liquids to help flush any residual barium out of your colon. If necessary, you may take a mild laxative to help this process.
- You may resume your normal diet and routine.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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## ***Imaging Patient Education***

### **What you should know about your Elbow X-ray.**

#### **Purpose:**

These x-rays are done to check for fractures, arthritis or dislocations.

#### **Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that interferes with the x-rays.

#### **Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.
- \*\*We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

#### **After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

\*\*Note\*\* You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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## **Imaging Patient Education**

### **What you should know about your Hand X-ray.**

#### **Purpose:**

These x-rays are done to check for fractures, arthritis or dislocations.

#### **Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that interferes with the x-rays.

#### **Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.
- \*\*We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

#### **After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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**What you should know about your Humerus X-ray.**

**Purpose:**

These x-rays are done to check for fractures, arthritis or dislocations.

**Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that interferes with the x-rays.

**Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

**After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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**Imaging Patient Education**

**What you should know about your Hysterosalpingogram.**

**Purpose:**

This procedure is performed to demonstrate the size and shape of the uterus and evaluate the openness of the fallopian tubes and determine whether they may be a possible cause for infertility.

**Preparation:**

- Procedure should be scheduled within 7-10 days of the onset of your menstrual cycle with the physician (OB/GYN) who will be performing your study.
- You should not engage in unprotected sex until after the examination.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.

**Procedure: What to Expect**

- We will verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- The test will take approximately 30 minutes.
- You will be asked to lay on the x-ray table.
- There will be an x-ray technologist, radiologist and your gynecologist working together to perform this exam. Your gynecologist will insert instruments for the study similar to those used in other gynecology examinations. You may feel some discomfort or pinching as this happens.
- Your gynecologist will let you know what to expect as he or she is performing the examination.
- A contrast material will be injected through the instruments already in place. This will allow us to visualize the uterus and fallopian tubes.
- You may experience some pressure and cramping during the injection.
- The injection is usually over in a matter of seconds.
- The radiologist may instruct you to turn slightly in either direction to allow us to obtain images from various angles.
- The instruments will be removed.

**After the Exam:**

- You may experience some residual pain or discomfort.
- We will provide you with a sanitary napkin to absorb any post procedural discharge.
- Your gynecologist may give you additional instructions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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## Imaging Patient Education

### What you should know about your Lumbar Spine X-ray.

#### **Purpose:**

These x-rays are done to check for fractures or arthritis.

#### **Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that interferes with the x-rays.

#### **Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

#### **After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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***Myelogram continued***

**After the Test:**

- It will take approximately four hours to recover. You will rest in your hospital room or in the Short Stay Unit.
- You will have your head raised slightly, no more than 30 degrees.
- Your vital signs will be taken often during the first hour.
- Rest for 24 hours after your exam. After 24 hours, you may return to your usual activities.
- Your exam will be read by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologist if there is any chance of pregnancy.

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**Imaging Patient Education**

**What you should know about your Sacrum/Coccyx X-ray.**

**Purpose:**

These x-rays are done to check for fractures or arthritis.

**Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that may interfere with the x-rays.

**Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

**After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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## ***Imaging Patient Education***

### **What you should know about your *Shoulder X-ray.***

#### **Purpose:**

These x-rays are done to check for fractures, arthritis or dislocations.

#### **Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that may interfere with the x-rays.

#### **Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

#### **After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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## ***Imaging Patient Education***

### **What you should know about your Toe X-ray.**

#### **Purpose:**

These x-rays are done to check for fractures, arthritis or dislocations.

#### **Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that may interfere with the x-rays.

#### **Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

#### **After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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## **Imaging Patient Education**

### **What you should know about your Wrist X-ray.**

#### **Purpose:**

These x-rays are done to check for fractures, arthritis or dislocations.

#### **Preparation:**

- You may be asked to remove jewelry and any metal objects or clothing that interferes with the x-rays.

#### **Procedure: What to Expect**

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.
- \*\*We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

#### **After Exam:**

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

**\*\*Note\*\*** You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

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