Tips to reduce your exposure to X-Ray radiation.

**ASK YOUR DOCTOR:**
- If this is the right test to obtain the diagnosis.
- If there are other exams, such as a MRI or an ultrasound, that will provide the information needed without the use of X-rays.
- What preparations needed for your X-ray exam. Be sure to follow instructions, so the test does not have to be repeated.

**ASK YOUR X-RAY TECHNOLOGIST:**
- To make sure the exam ordered is the same exam that is written on the prescription.
- To make sure the exam is for the correct side, i.e. left leg or right arm.
- To make sure the X-ray field only covers the area of interest - this is called “close collimation.”
- To provide protective shielding for your reproductive organs if you have not passed the reproductive age.
- To thoroughly explain the exam and repeat any misunderstood directions.

**DO YOUR PART:**
- Let the X-ray facility staff know if you are pregnant or think you may be.
- Follow the X-ray technician’s directions as closely as possible, example holding your breath or not moving during the exam.
- Keep a record of your X-ray exams for yourself and for your family. List the date, type of exam, reason for the exam, and address of the facility where the exam is performed.

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**X-RAY EXAMINATIONS RECEIVED:**

**Date:** ____________________________

**Type of Exam:** ____________________________

**Reason for Exam:** ____________________________

**Doctor who ordered:** ____________________________

**Where exam was performed:** ____________________________

**Date:** ____________________________

**Type of Exam:** ____________________________

**Reason for Exam:** ____________________________

**Doctor who ordered:** ____________________________

**Where exam was performed:** ____________________________

**Date:** ____________________________

**Type of Exam:** ____________________________

**Reason for Exam:** ____________________________

**Doctor who ordered:** ____________________________

**Where exam was performed:** ____________________________