



X-Ray Patient Preparation Guide

Simple steps to prepare for your x-ray exam.

What to Expect

- X-ray uses a small amount of ionizing radiation to create images of bones and some soft tissues.
- Many x-ray exams take only a few minutes.

(1) Before Your Appointment

- **Pregnancy:** Inform us if you are or might be pregnant.
- **Recent imaging or surgery:** Let us know about recent procedures that may affect positioning or imaging.

(2) On the Day of Your X-Ray

- **Clothing & metal:** Wear comfortable clothing without metal fasteners if possible. Remove jewelry, glasses, watches, and items in pockets.
- **Eating & medicines:** Most x-rays do not require fasting. Follow any special instructions provided for abdominal or GI studies.

(3) After the Exam

- You can resume normal activities immediately.

What to Bring

- Photo ID, referral letter, and any prior relevant imaging.

Important

Always follow the instructions provided to you by Images Diagnostic Center staff for your specific exam. If they differ from this guide, our center's instructions take priority.