

Having a skeletal survey X-ray test to look at some of your bones

Department of Radiology

Information for Patients

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Introduction

If you are an outpatient please read your appointment letter carefully to check which hospital your appointment is at. This leaflet tells you about your X-ray test. Please read it carefully as it has important information and instructions.

What is an X-ray?

An X-ray is an examination that uses a small amount of radiation to take pictures of the inside of your body.

What is a skeletal survey?

A skeletal survey is an X-ray test of some of the bones in your body. X-ray pictures may be taken of the skull, chest, spine, pelvis and sometimes arms and legs. When you have your skeletal survey, you will have X-rays of some or all of these bones.

How do I get ready for my X-ray test?

- You do not need to do anything special to get ready.
- **You can eat and drink as usual** before and after the appointment.
- **If you are on medicine** from your doctor please keep taking it as usual.
- It may be helpful to wear loose clothes without too many clips or zips.
- We may ask you to take off any jewellery that is on a part of your body that we need to X-ray. It is helpful to take jewellery off at home before you come for your X-ray test.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- If there is any chance that you may be pregnant, please contact the Radiology Department as soon as possible. If you are an inpatient staying in hospital please ask your nurse to contact the Radiology Department.

Who will be doing the X-ray test?

The X-ray test will be done by someone specially trained to take X-ray pictures. This will be a radiographer or assistant practitioner.

As we are a teaching hospital a student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your X-ray test.

How long will it take?

Having a skeletal survey takes about 30 minutes. The time can vary for each patient.

What happens during the X-ray test?

- When you get to the Radiology Department, we will tell you which waiting area to go to.
- We may ask you to take off some of your clothes and put on a hospital gown.
- We may ask you to take off jewellery to make sure it does not show up on your X-ray pictures.
- When we are ready we call you into the X-ray room. You can ask any questions that you may have.
- We will ask you to sit, stand or lie down for the different X-ray pictures. You will need to stay still for your X-ray pictures.
- We may ask you to hold your breath for a few seconds for some of your X-ray pictures.
- Please tell us if you have any problems holding your breath.
- We will be able to see and hear you at all times.

What happens when the X-ray test is finished?

- If you have no other appointments in the hospital, you can get dressed and go home.
- If you are an inpatient you will be taken back to your ward.

How do I get the results?

- You will not get the results straight away.
- A doctor or radiographer who specialises in X-rays will look at your X-ray pictures.
- The results will be sent to the doctor who wanted you to have this X-ray test.
- A member of the specialist team where you were referred from will talk to you about the results at your next appointment.

What are the risks from exposure to radiation in this X-ray test?

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small.

We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation. The radiation you will be exposed to for each X-ray during a skeletal survey is about the same as few days to a few weeks of natural background radiation.

The risks of radiation are slightly higher for an unborn child. We must ask all patients age 10 to 15 years registered female and all patients aged 16 to 55 years about their periods and/or possibility of being pregnant.

The benefits of having this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

Please call the Radiology department on **0116 258 8765** and select **option 5**. Monday to Friday 9am to 5pm, but not on bank holidays.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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જો તમને આ માહિતી બીજા કોઈ ભાષામાં જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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