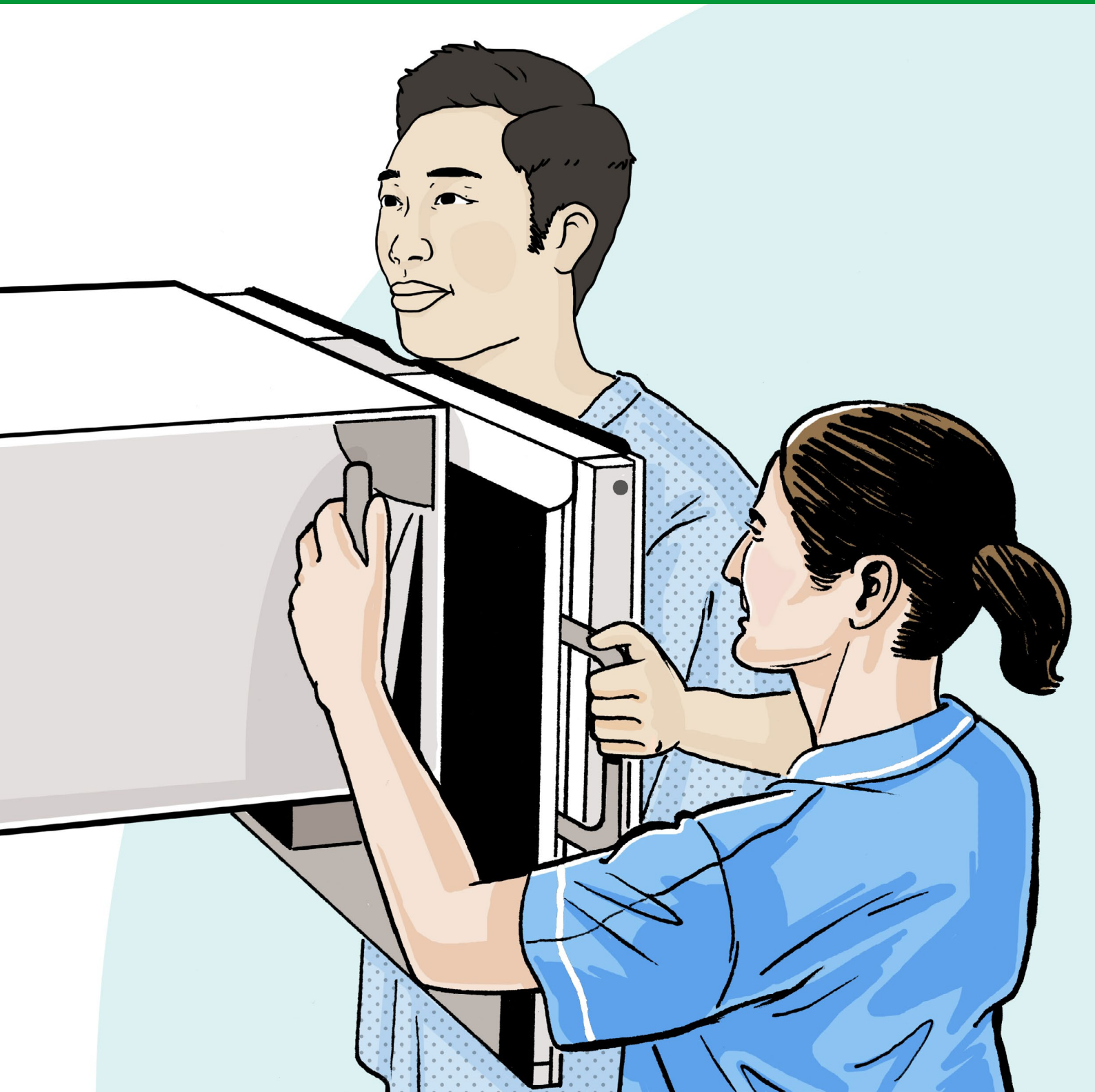
In partnership with

MACMILLAN CANCER SUPPORT

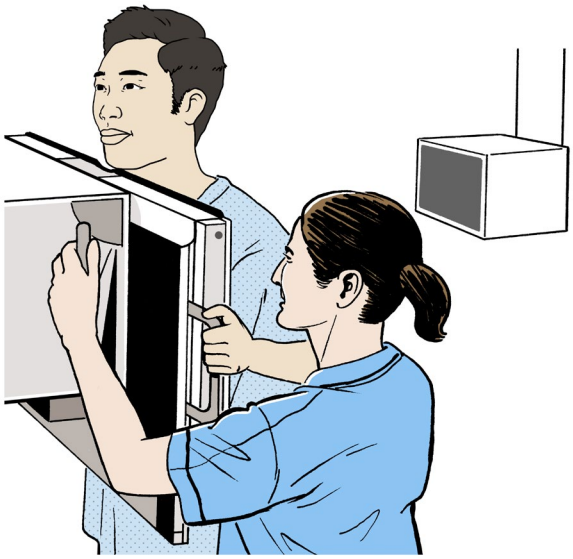
easy read

# Having an x-ray

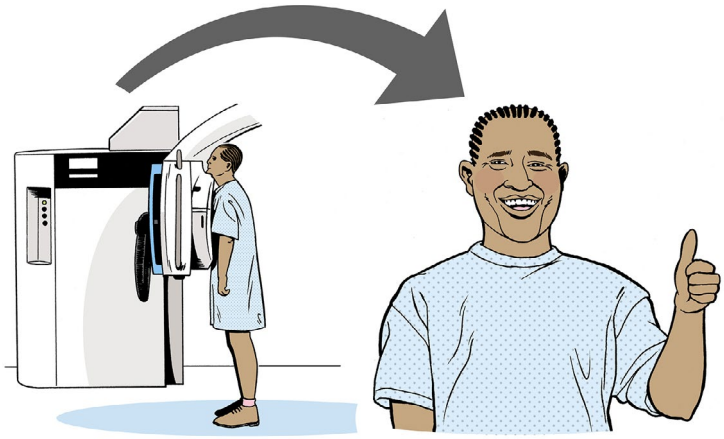




# About this easy read booklet



This booklet is about having an x-ray.



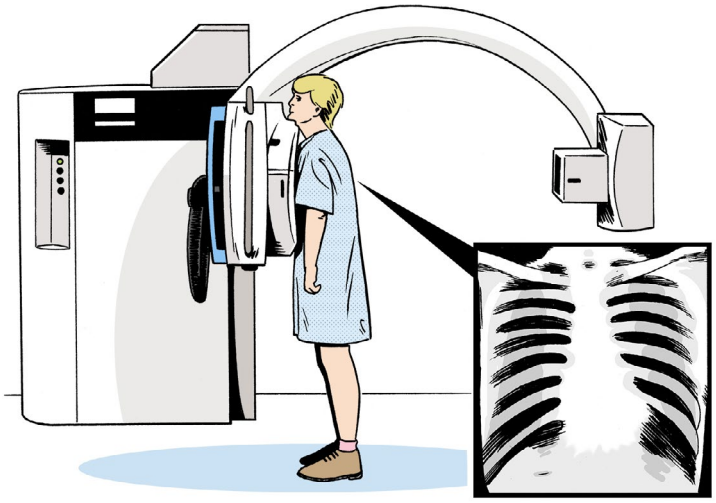
You can learn about what will happen at the hospital when you have an x-ray.



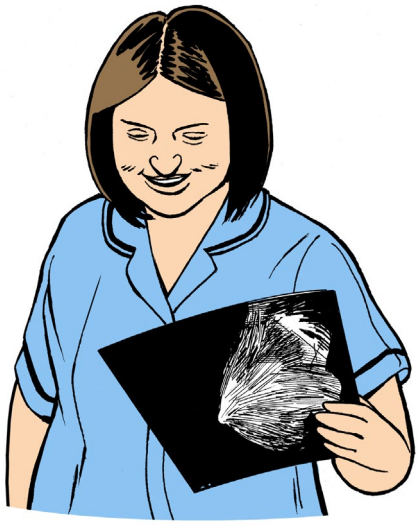
If you are worried about your health, you should talk to a doctor or nurse.



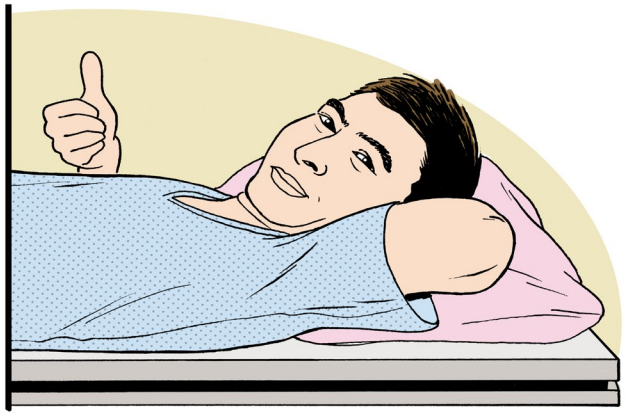
# X-rays



X-rays are ways of taking photos of the inside of the body. They help the doctor check if everything is OK, or find out what is causing a health problem.



X-rays are done in hospital by people called **radiographers**.



X-rays are not bad for you.



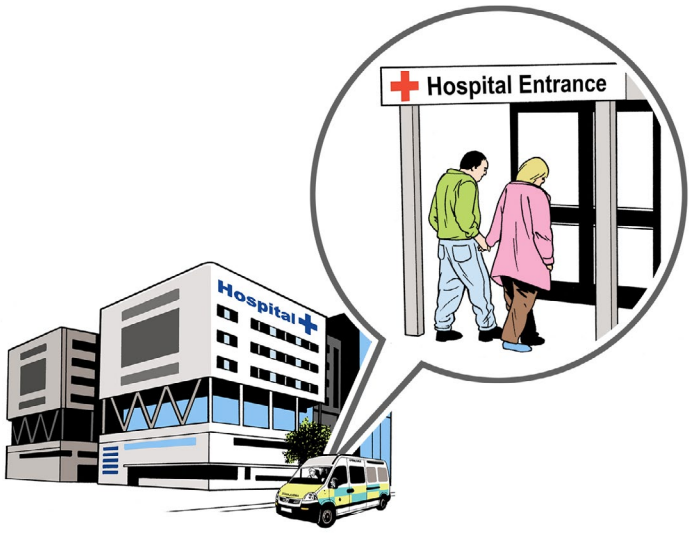
It is important to tell your doctor or nurse if you are pregnant. Some tests can hurt your baby.



Before you have the x-ray, you can ask the radiographer or x-ray nurse to tell you what they are going to do.



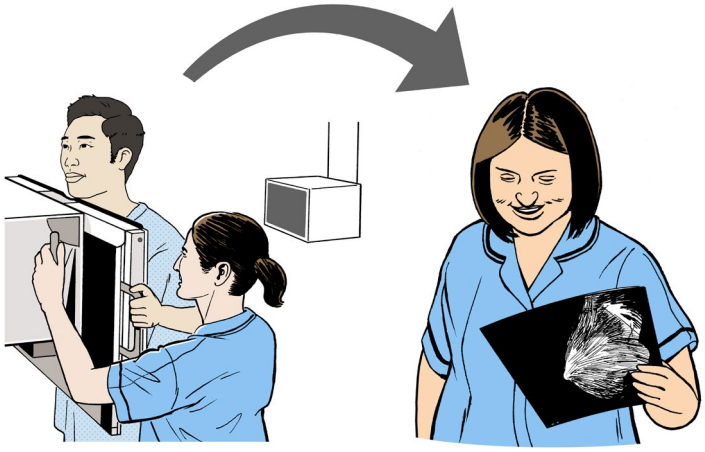
Before your x-ray you may get a letter to tell you what will happen.



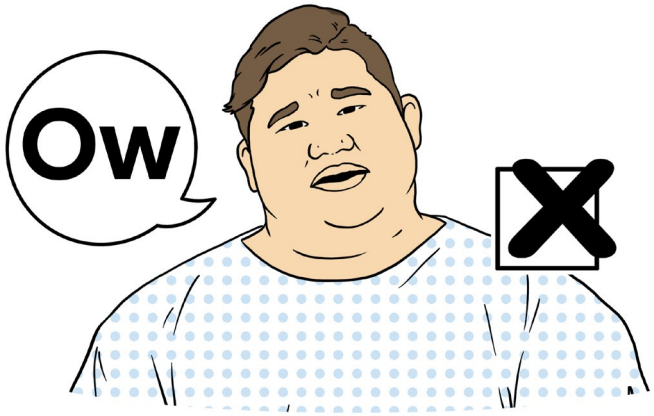

You may be able to visit the hospital with the person who gives you support before you go for the tests. Then you will know what it is like.



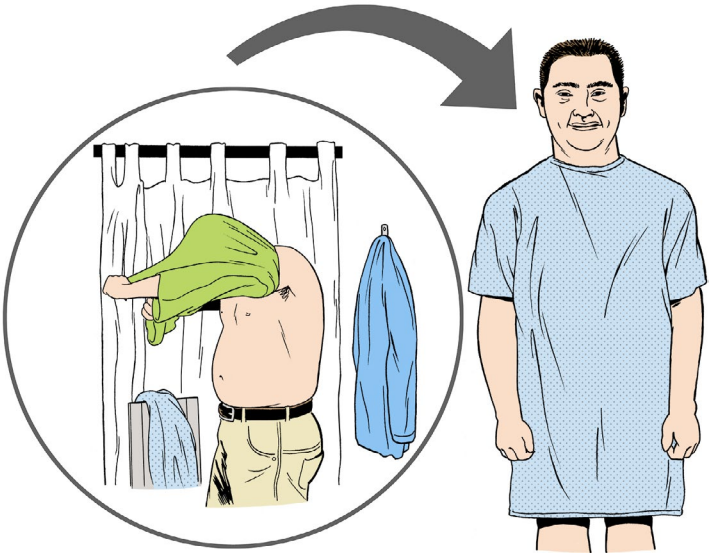
# Having an x-ray



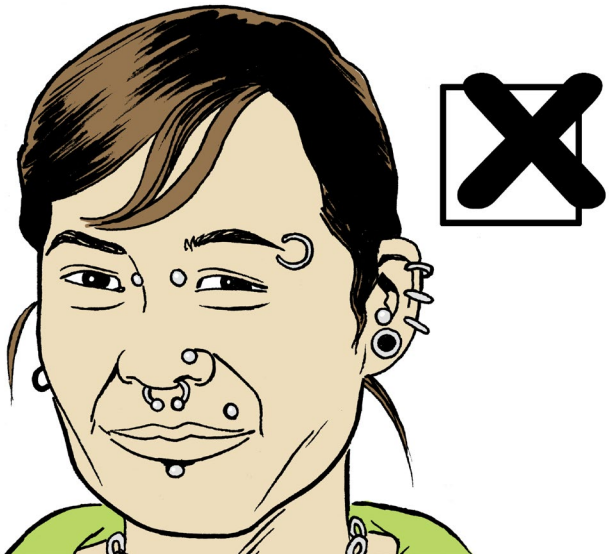
X-rays do not take long.
The pictures can be seen straight away if needed.



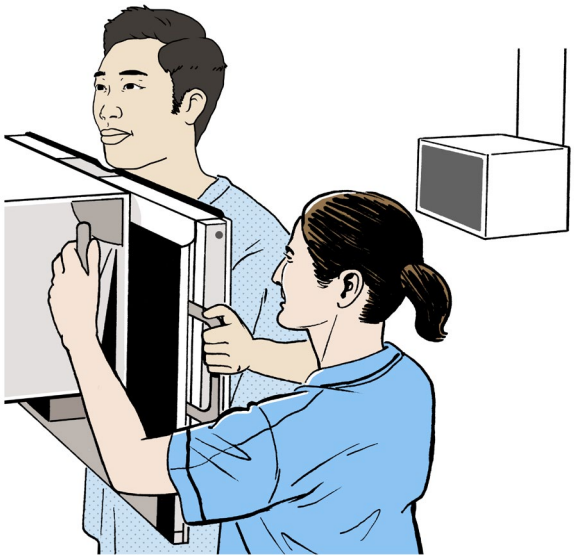

X-rays do not hurt you.
Tell your doctor if you have any pain.



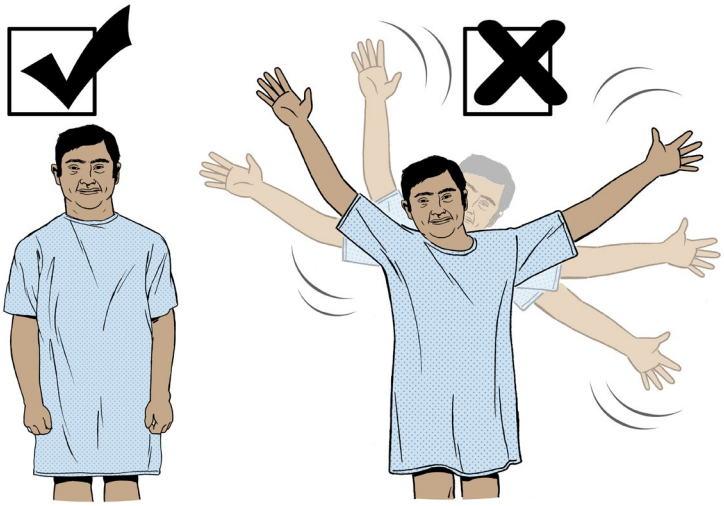
When you come for your x-ray you may be asked to take off your clothes and put on a hospital gown. You can usually keep your underwear on.



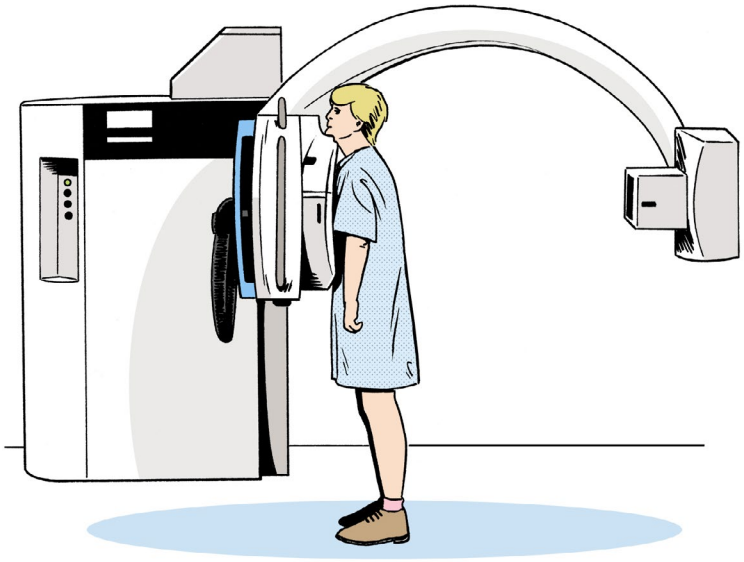
You will also have to remove any jewellery, and objects from your body that contain metal.



Then you will be asked to sit, stand or lie down for the x-ray to be taken. You may hear some clicks and noises during the x-ray.



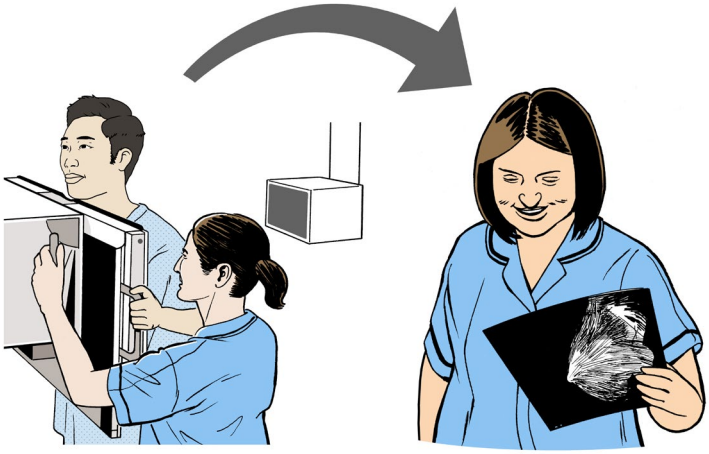
You will have to keep still during the x-ray, just the same as when you have your photo taken.



The radiographer and the person who gives you support will have to leave the room during the x-ray.



They go into a small room with a glass window where they are protected from the x-rays but can still see you.



It does not take long to do the x-ray. Then you can get dressed again and go home.




It may take a few weeks to get the results of your x-ray. Your doctor will tell you how long you may have to wait.



It can be worrying to wait for the results of medical tests. It may help to have someone to talk to while you are waiting.



It can also help to have someone to support you when you get the results.

# How Macmillan can help you



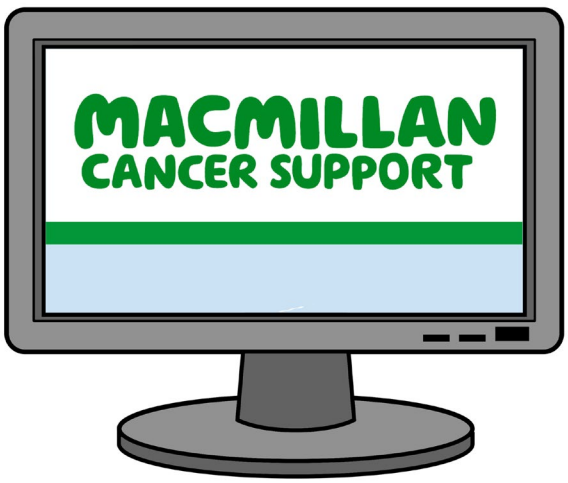
You can get support from:

### The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

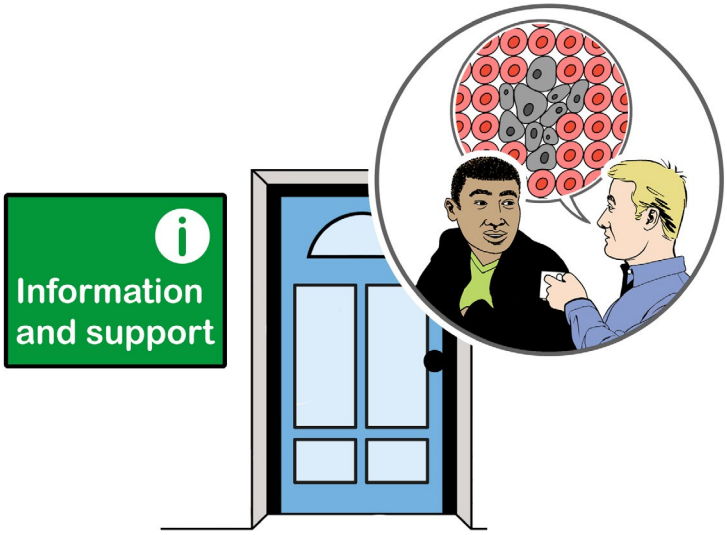



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.




### The Macmillan website

Visit **macmillan.org.uk** for information about cancer. You can also use our web chat to ask questions at **macmillan.org.uk/talktous**




## Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at **macmillan.org.uk/informationcentres** or call us.




## Local support groups

Find a group near you at **macmillan.org.uk/supportgroups** or call us.




## Macmillan Online Community

You can talk to other people in similar situations at **macmillan.org.uk/community**




Macmillan can give you information in different ways:

## Booklets about cancer

You can order booklets about cancer from **orders.macmillan.org.uk**



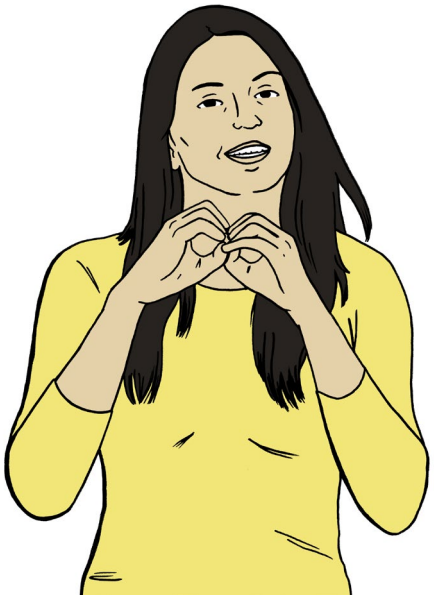
## Videos

You can watch videos about cancer at **macmillan.org.uk/videos**



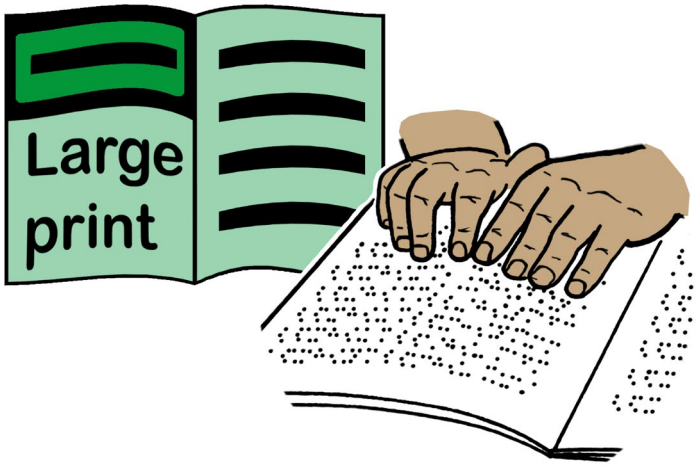

## Audio

You can listen to information about cancer from **macmillan.org.uk/audio**



## British Sign Language (BSL)

You can watch information in BSL at **macmillan.org.uk/bsl**




## Large print or Braille

Tell us if you need information in large print or Braille.
Email: **informationproduction team@macmillan.org.uk**




## Translations

Tell us if you need information in another language.
Email: **informationproduction team@macmillan.org.uk**

# More easy read booklets



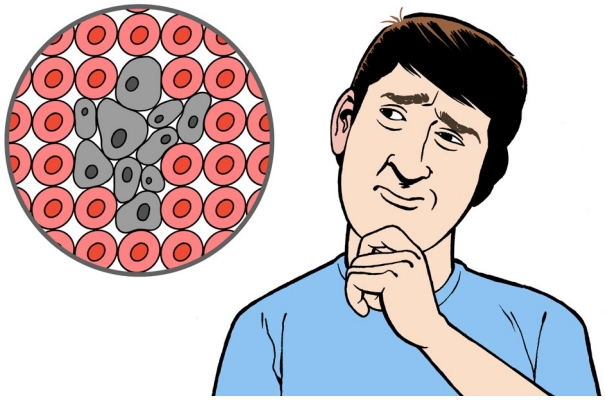
Order more easy read booklets from **macmillan.org.uk/easyread**

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)



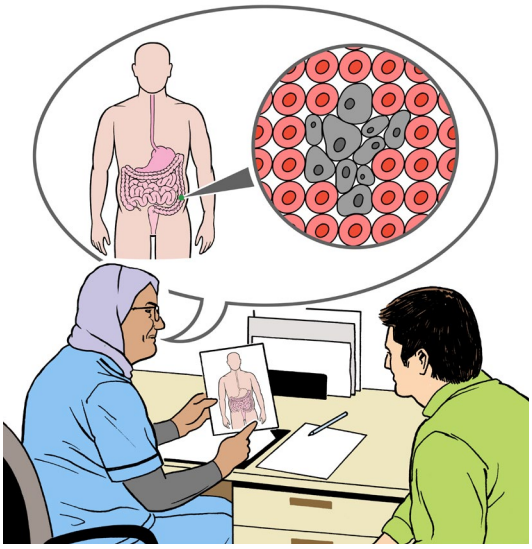
## About cancer

- Bowel cancer
- Breast care and screening
- Lung cancer
- Prostate cancer
- What is cancer?



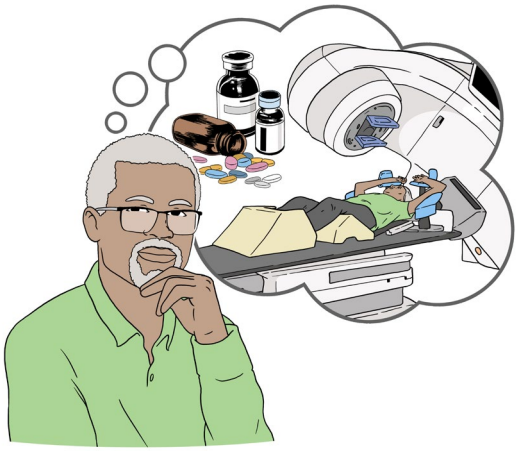
## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy



## Living a healthy life

- Alcohol and your health
- Be safe in the sun
- Eat a healthy diet
- Exercise
- Have safer sex



## Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



## Living with cancer

- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



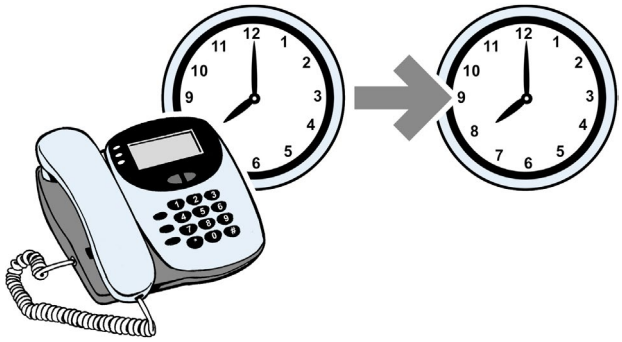
## After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website **macmillan.org.uk/easyread** or call us on **0808 808 00 00**

This booklet is about having an x-ray.

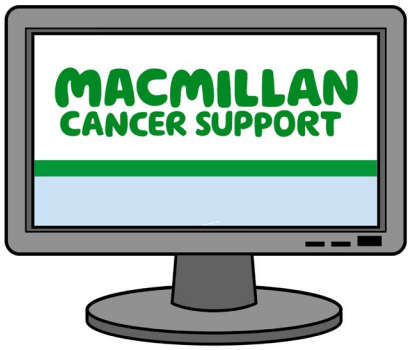
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
  **0808 808 00 00**
  7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
  **18001 0808 808 00 00**




- Or go to the website:
  **macmillan.org.uk**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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Patient Information Forum

CHANGE

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