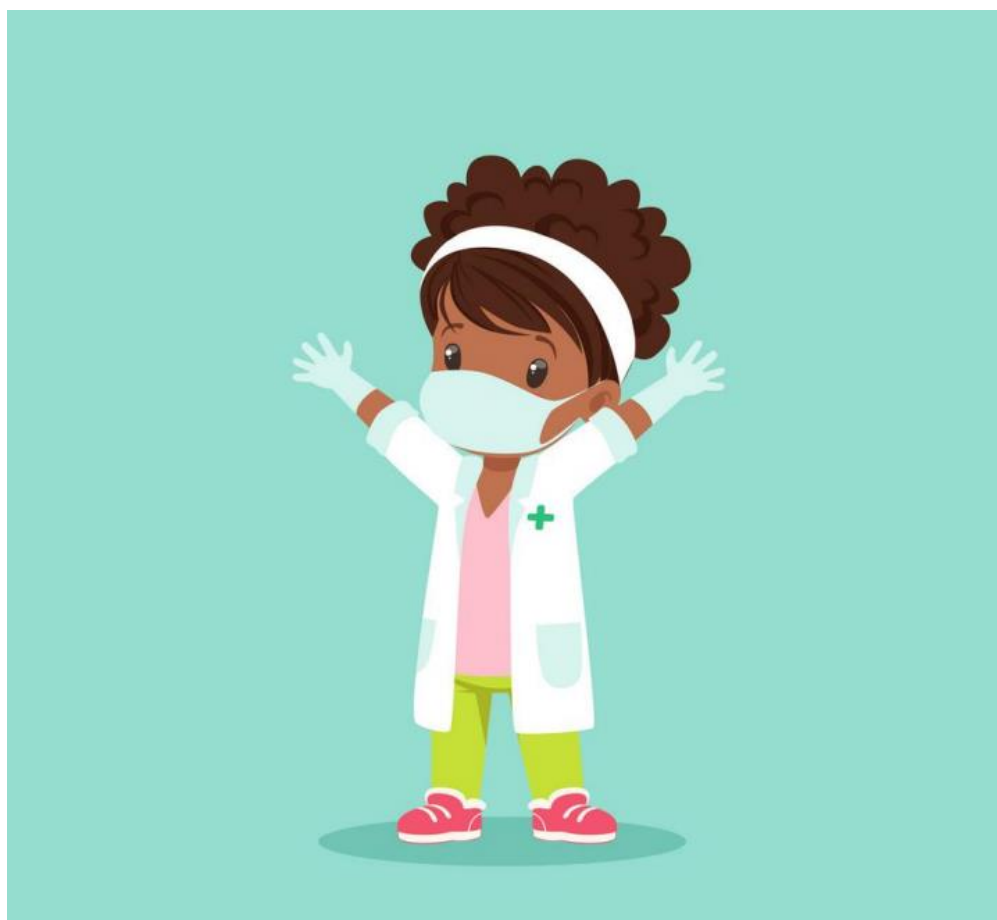


Getting an X-Ray



This is a story about getting an X-ray, which helps take special pictures for the doctors, so they can see inside my body and help me feel better!



If I feel nervous or scared, I can:

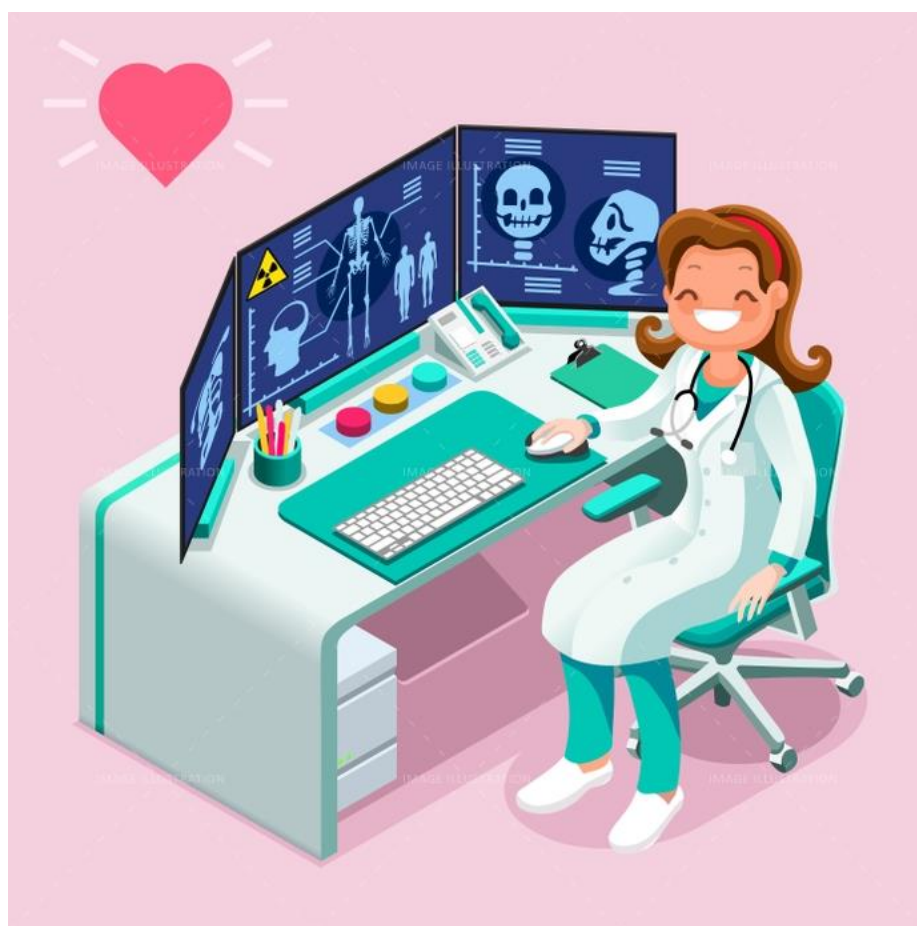
- Think of something that makes me feel happy and calm
- Ask someone to hold my hand
- Wear sunglasses or headphones
- Remember that I'm staying strong and healthy!



I will go to the radiology section of the hospital, which is where they have lots of special machines to take pictures of the inside of my body.



I will enter a room with the X-ray technologist,
which is the person who works with these
special machines.



My mom or dad (or another family member)
can come into the X-ray room with me to help
me feel comfortable and safe.



I may have to take off my clothes and put on a hospital robe, but I will be covered.



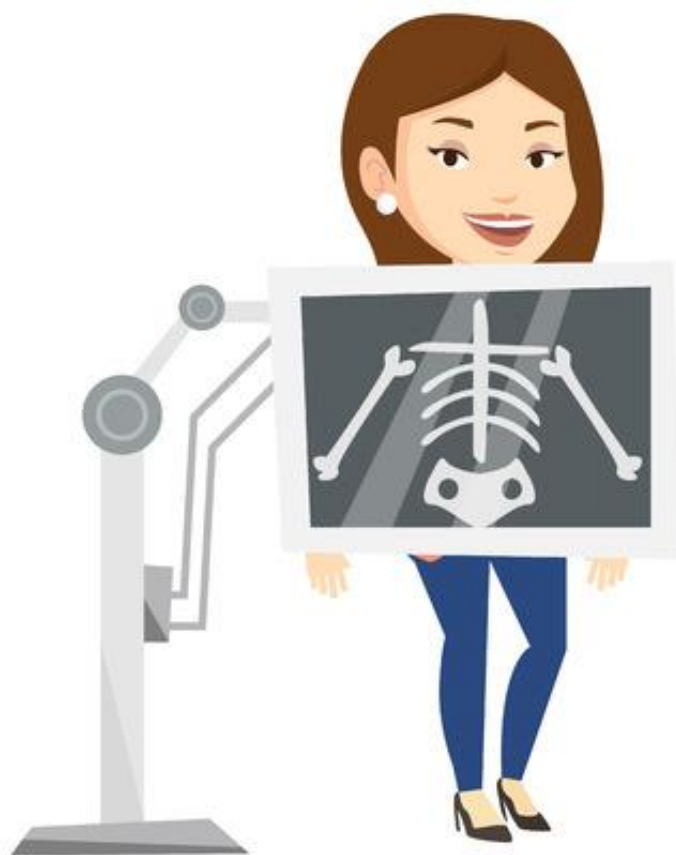
I also may have to wear an apron that will feel heavy, but it won't hurt me. This is to protect my body.



I can wear sunglasses or
headphones (or both!) if that makes
me feel better.



The X-ray technologist will ask me to
stand up or lie down.



Then they will use the X-ray to take a picture of the inside of my body, to help see things like my heart, lungs, and bones.



The X-ray is just a very big camera that makes humming noises and a tiny light as it takes pictures of what I look like inside!



A doctor may come in if the X-ray
technologist needs extra help getting a
good picture of the inside of my body!



It is often quick to take an x-ray picture,
but I can ask to take a break if I need
one.



I will change back into my regular clothes when the X-ray is over. If I want, I can ask the x-ray technologist to see the special pictures from the x-ray!



I did a great job learning about how
to get an X-ray!

