Chest X-Ray

About the test
A chest x-ray, or radiograph, is a picture of the internal organs of the chest, including the lungs, heart, ribs, spine and other organs. Your doctor has determined that a chest x-ray is needed to help diagnose your specific symptoms, or to check your heart and lungs if you recently had surgery. Chest x-rays also are done before surgery to find any changes that may cause problems while you have surgery.

If you are pregnant, or think you might be, tell the radiologist or technologist before the x-ray is taken.

Preparing for a chest x-ray
There are no special preparations for a chest x-ray. You may be asked to change into a hospital gown. Buttons, zippers, jewelry, bra clasps or other metal can show on the x-ray, so they need to be removed.

During the test
In most cases, two pictures will be taken.

• For the first picture, you will stand facing a special board. The technologist will have you roll your arms forward to move your shoulder blades apart. You will need to take in a deep breath and hold your breath in. This helps get a good picture of your lungs.

• The second picture is done as you stand with your left side against the board with your arms raised above your head. This position keeps your arms out of the picture. Again, you will need to take in a deep breath and hold it.

After the test
You may start your normal routine after the test. A report will be sent to your doctor who will share the results of your x-ray.

If you have any questions or concerns about having an x-ray, please call 614-293-4333. Radiology scheduling will direct your call to a staff member who will answer your questions.

Talk to your doctor or health care team if you have any questions about your care.
For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.
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