

# Chest X-ray

A chest x-ray is a picture of your chest that shows your lungs, heart and bones of your chest and spine. This test is quick and painless, and is often done to check for breathing or heart problems.

**If you are pregnant, or think you might be, tell the staff before the test.**

**Arrive on time for your test.** The test takes about 15 minutes. Plan to be here about 30 minutes.

## During the Test

- You will need to remove clothing from your waist up and wear a hospital gown. Jewelry or piercings also need to be removed.
- X-rays may be taken from the front and sides. You will be told to take a deep breath and hold it when the x-rays are taken.
  - For the front x-ray, stand facing the x-ray board. Your arms are moved forward to move your shoulder blades apart or you may be asked to hold your arms up over your head.
  - For the side x-ray, stand with your left shoulder against the x-ray board with both arms raised above your head. This may be done with the right shoulder against the x-ray board also.

Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any questions or concerns.**