



Information sheet for the Carer/comforter

- **If you are pregnant then you must not** volunteer to **assist in the radiograph examination**. If asked to participate let the radiographer/dental nurse/dentist know that you are pregnant.
- You have been asked to provide assistance during the radiographic exposure. The following guidance is designed to ensure that any radiation dose which you receive is as low as possible.
- You are under no obligation to help but if you decide to assist you will be given a lead apron to wear. You must wear the lead apron in accordance with the radiographer/dentists instruction and you must keep outside the direction of the main X-ray beam (Not in line of sight of the x-ray beam). You may be asked to hold the image receptor with a special holder. The radiographer/dentist will instruct you on how to hold these. **You must not hold the image receptor with your fingers**
- The radiation dose you would receive from the examination is extremely low. The dose to the **patient** from an average x-ray picture is 2 μ Sv, which is equivalent to about 8 hours natural background radiation. The radiation risk to the **patient** from a single radiographic exposure is negligible. The risk to yourself will be lower than this since you will not be in the main line of the x-ray beam.
- The radiographer/dental nurse/clinician taking the x-ray pictures will be able to answer any questions you may have.

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