X光胸透

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.

X光胸透是胸部照影，可以显示您的肺、心脏以及胸部和脊柱的骨骼。该检查快速无痛，通常用于检查呼吸或心脏问题。

如果你已怀孕或认为你可能已怀孕，请在测试之前告知医疗人员。

请您准时前来接受检查。 检查约需15分钟。请为本次检查留出大约30分钟。

检查期间

- 您需要脱下腰部以上的衣服，穿上医院罩服。还需要摘下珠宝或尖锐物。
- 可从正面和侧面拍摄X光片。拍X光片时，你会被告知作深呼吸及屏住呼吸。
  - 拍正面X光片时，请面向X光板站立。手臂向前移动，使肩胛骨分开，或者您可能被要求将手臂举过头顶。
  - 拍侧面X光片时，身体左肩靠住X光板站立，将双臂举过头顶。也可以右肩靠住X光板站立进行。

检查结果会发送给您的医生。医生会告知您检查结果。

如果您有任何疑问或疑虑，请咨询您的医生或护士。