

# Raajada Xabadka

## 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.

Raajada xabadka waa sawir laga qaadaayo xabadkaaga oo muujinaaya sambabada, wadnaha iyo lafaha xabadkaaga iyo lafta dheer. Baaritaan waa mid dhaqso ah oo aan lahayn xanuun, waxaana badanaa loo adeegsadaa in lagu oggaado dhibaatooyinka wadnaha ama neefta.

**Haddii aad tahay hooyo naasnuujisa, ama aad isleedahay waad noqon doontaa, u sheeg shaqaalaha kahor baaritaanka.**

**Imoow xiliga baaritaanka.** Baaritaanka wuxuu qaadataa 15 daqiiqo. Qorshee inaad halkaan joogto muddo 30 daqiiqo ah.

### Inta lagu jiro Baaritaanka

- Waxaad u baahan doontaa inaad dharka iska bixiso aadna gashato dharka isbitaalka. Dahabka iyo biraha kale ayaa sidoo kale loo baahan yahay inaad iska saarto.
- Raajada waxaa laga qaadi karaa qaybta hore iyo geesaha. Waxaad lagaa codsan doonaa inaad qaadatao neef hoose aadna isku ciliso inta raajada la qaadaayo.
  - Marka lagaa qaadaayo raajada, istaag oo fiiri boorka raajitada. Gacmahaaga ayaa horey la keenayaa si geesaha garbahaaga loo kala dhaqaajiyo ama waxaa lagaa codsan karaa in aa gacmahaaga ku hayso madaxa korkiisa.
  - Inta la qaadaayo raajada, ku aadi garabkaaga midig boorka raajitada adoo labada gacmoodba madaxa korkiisa geynaaya. Tani waxaa lagu sameyn karaa garabka midig ee kasoo horjeeda boorka raajitada sidoo kale.

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.**

Natiijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natiijada.

**La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.**