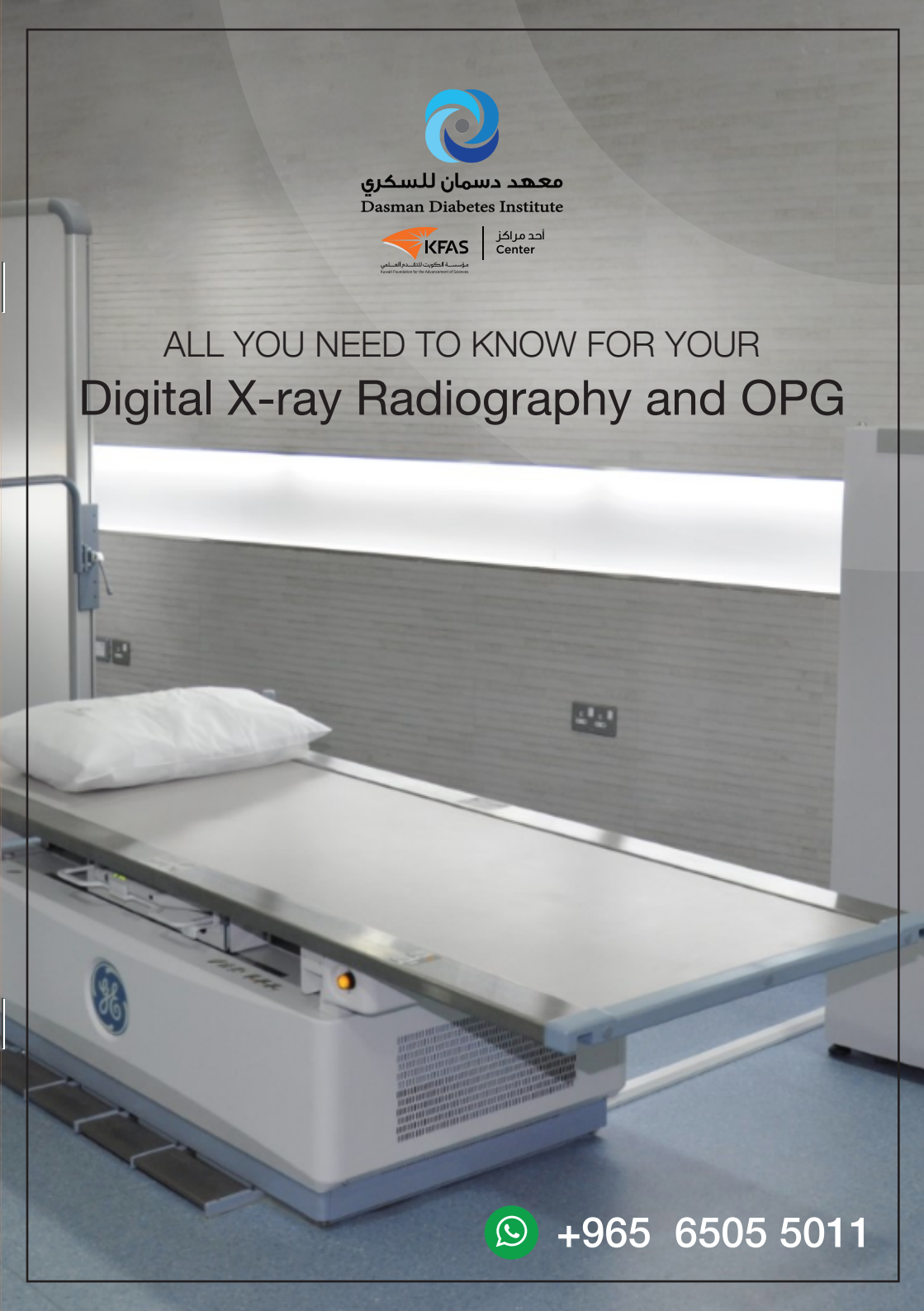
معهد دسمان للسكري
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KFAS
مؤسسة الكويت للتقدم العلمي
Kuwait Foundation for the Advancement of Sciences

أحد مراكز
Center

ALL YOU NEED TO KNOW FOR YOUR

Digital X-ray Radiography and OPG



+965 6505 5011

WHAT IS DIGITAL RADIOGRAPHY?

DIGITAL *Radiography* is an advanced form of x-rays which pass through your body, bones, tissues, and organs, which allows us to create two-dimensional digital images using a computer. Although this test makes use of radiation, the potential benefits outweigh the risks in all cases. X-rays can help diagnose, monitor, and treat many medical conditions.





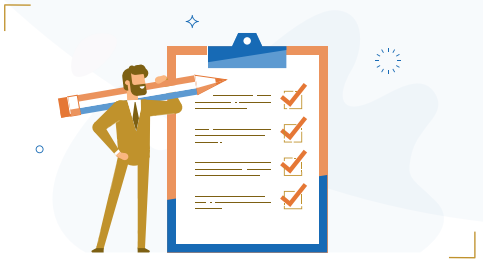
WHAT IS DENTAL X-RAY (OPG)?

Orthopantomogram **(OPG)** is a type of dental x-ray technique, with a very low dose x-ray which shows your entire mouth in one image. This image is convenient for the dental specialists to evaluate, examine, and treat your oral health, and to diagnose a problem at an earlier stage before it becomes a major problem.



WHAT TO BRING ON THE DAY OF THE EXAM

- Request form
- Civil ID
- Insurance card
- Any previous x-ray reports for tests you may have undergone elsewhere, for comparison purposes



PREPARATION

You don't need to do anything special to prepare for an X-ray and OPG. You can eat and drink normally and can continue taking your usual medications.

For some X-ray examinations, you will be asked to change into a gown. In addition to this, you may also be asked to remove:

JEWELRY **EYEGLASSES** **DENTURES**

OR ANY METAL OBJECTS that might interfere with the images in the region of interest.

It is advisable that you leave all your valuables at home.

01 X-RAY

You will be instructed on how to position yourself for the x-ray. You will be asked to stand, sit or lie down in front of a specialized plate with sensors while a camera like device makes the exposure. Usually, multiple views are taken in different positions for the same body part. It is very important to hold very still to get clear pictures. For certain x-rays, you may be asked to hold your breath to get a good images.

02 OPG

An OPG is obtained with an x-ray machine specially designed just for your jaws. The technologist will ask you to stand with your head against the machine and will adjust its height and make it comfortable for you.

You will be asked to gently bite on a peg which has grooves in it (above and below) for your front teeth (Fig.1). As the peg will be covered with a plastic disposable sleeve, there is no risk of infection. You will be asked to place your tongue touching the roof of your mouth. The machine moves around you slowly as the picture is taken. It is essential that you keep as still as possible to get a good picture. Any movement can cause the image to blur and will require a repeat.



FIG. 1

ON THE DAY OF APPOINTMENT

- Please arrive at the Diagnostic Imaging Reception **at least 30 minutes before your test.** This allows plenty of time for the registration process.
- X-ray and OPG examinations can also be done without a previous appointment. However, walk in patients may be required to wait for some time.
- Parent or guardian of patient younger than 16 years of age must accompany the patient.
- If there is any possibility of pregnancy, please talk to your doctor and inform the reception at the time of appointment.
- For female, you may sign a pregnancy consent form before starting the exam (fig.1). Parent or guardian of patient younger than 16 years of age will sign pediatric consent form for x-ray radiography (fig.2).



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مركز الأشعة التشخيصية

Patient Info label

Consent Form for Acknowledgment of no Pregnancy Before Radiographic Procedure
إقرار بالموافقة على عدم وجود حمل قبل اجراء فحص الأشعة

Special for ladies:
Please answer the following questions to ensure your safety.

خاص بالسيدات:
الرجاء الإجابة على الأسئلة لضمان سلامتك.

• Are you pregnant or is there any chance of being pregnant? Yes: ..... No:	• هل أنت حامل أو هناك احتمالية وجود حمل ؟ نعم: ..... لا: .....
• Are you using contraceptive methods? Yes: ..... No:	• هل تستعملين موانع الحمل ؟ نعم: ..... لا: .....
• What contraceptive method is used?	• ما نوع وسيلة منع الحمل المستخدمة ؟ .....
• Please state the date of the first day of your last period ...../...../.....	• ما هو تاريخ أول يوم من آخر دورة شهرية؟ ...../...../.....

Acknowledgment of no Pregnancy

إقرار بعدم وجود حمل

I / We understand that study involves exposure to X-rays. I / We have been given satisfactory explanation about the possible hazardous effects of X-rays on the fetus and its consequences. The risk to the fetus was explained by .....

I / We admit that I am/ she is not pregnant and that I am/ she is responsible for any consequences that may happen knowing the harmful effect of X-Ray in case of pregnancy such as: risk of abortion, birth defects, and long-term effects on the child.

I / we agree to the above-mentioned study considering the potential benefits to myself / wife as explained.

أنا نحن نعلم أن الفحص يتضمن التعرض للأشعة. أتاحت لي معرفة بتأثير محتمل للأشعة وأخطارها على الجنين ولقد تم توضيحه وشرحه لنا من قبل.

أنا أيضا نقر أنه لا يوجد حمل وأتحمل أي مسؤولية ناتجة عن الأشعة مع علمنا بالضرر ها في حالة الحمل مثل احتمالية الإجهاض أو العيوب الخلقية .

أو المتأثرات التي قد تظهر على الطفل على المدى البعيد.

Patient name: .....
Signature: .....
Date: ...../...../.....

اسم المريض: .....
التوقيع: .....
التاريخ: ...../...../.....

Signature:	التوقيع:	أنا الآنسة/السيدة/السيد.....بالموافقة على أخذ الصبغة الوريدية والتي قد تؤثر على الجنين (إن كان حملها محتمل) I, ...agree to take the IV contrast that might affect the fetus (in case of pregnancy)

References: Kuwait – MOH Sep 2020

FIG. 1



Diagnostic Imaging Center
مركز الأشعة التشخيصية

Patient Info Label

INFORMED CONSENT FOR GENERAL X-RAY OR CT SCAN EXAMINATION FOR CHILDREN
إقرار بالموافقة على عمل فحص الأشعة السينية أو المقطعية (CT) للأطفال

Age: العمر:
Procedure Date: تاريخ الفحص:
Examination Proposed: الهدف من الفحص:

I / We understand that ..... study involves exposure to X-rays. I / We have been explained by ..... about the possible hazardous effects of X-rays and its consequences.

أنا نحن نعلم أن فحص ..... يتضمن التعرض للأشعة. أتاحت لي معرفة بتأثيرات مخاطر الأشعة وعواقبها عن طريق .....

I / We consent to the above-mentioned study considering the potential benefits to my child as explained.

أنا نحن نقر بالموافقة على الفحص المذكور أعلاه والذي لفائدة المحتملة على طفلي كما هو موضح

Name of Parent / Guardian: اسم ولي الأمر:
Signature: التوقيع
Date التاريخ:

FIG. 2

HEALTH AND SAFETY

- The risk for all imaging procedures is relatively low and with no adverse effects.
- The benefit of getting an accurate diagnosis for proper treatment by your doctor outweighs the risk of the minimal radiation exposure.
- Imaging is done only when there is a clear medical benefit.
- Unnecessary and unindicated x-ray examination should be totally avoided.
- Lead shielding is used appropriately depending on the type and region of the interest to reduce exposure to other parts of your body. Only the area indicated by your doctor will be imaged.



FOR DENTAL X-RAY



GONADAL SHIELD



BACK SHIELD



FRONT SHIELD

HEALTH AND SAFETY

- For women who are likely to be pregnant, it is very important to tell your doctor before getting an X-ray. Depending on the medical need, the x-rays will be done right away or postponed to a later day. In case you have to get an X-ray while pregnant, extra caution will be taken to protect the baby from the radiation. In general, for all women in the reproductive age group, they follow the 'ten-day rule'. This means that whenever possible, it is safer to get your X-ray or OPG done within the first ten days of the onset of menstruation.



- Much care is taken in order to follow the **ALARA principle**, which means the exposure is kept **'As Low As Reasonably Achievable'** to ensure minimum dose to the patient without compromising the diagnostic image accuracy.
- The categorized chart below gives us a general idea about the amount of exposures for x-ray and OPG exams.

X-RAY

TYPE OF RADIOLOGICAL PROCEDURE	APPROXIMATE EFFECTIVE RADIATION DOSE	COMPARABLE TO NATURAL BACKGROUND RADIATION FOR:
SPINE	1.5 mSv	6 months
CHEST	0.1 mSv	10 days
EXTREMITY (HAND, FOOT, ETC.)	0.001 mSv	3 hours
DENTAL	0.005 mSv	1 day

AFTER YOUR EXAM

You are free to continue with your normal activities after the test is finished. You will be informed about when you will receive your results at the reception.

OUR IMPORTANT FEATURES

If you know that you will not be able to make it to your appointment, please let us know as soon as possible. This will enable us to free the appointment slot for other patients and help us to manage our patient flow more efficiently.

ALL MAJOR INSURANCE CARDS INCLUDING AFYA ARE ACCEPTED

ACCREDITED BY ACCREDITATION CANADA AT DIAMOND LEVEL
Provides the best, modern and continuously updated clinical radiological services in a very safe environment

PARKING FACILITY
Excellent and vast basement parking in two levels is available is the same building

WORKING HOURS
7:30 AM to 3:00 PM, Sunday to Thursday

LOCATION
Gulf road intersecting Jassim Al Bahar St, Sharq,
Block 3, P.O. Box 1180, Dasman 15462, Kuwait

FOR ANY INQUIRIES OR CANCELLATIONS

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