

Fluoroscopy (adult patients)

Information for patients

This sheet aims to provide you with information about your fluoroscopy examination. If you have any other questions or concerns, please do not hesitate to speak to the team caring for you.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

Background

Your doctor or healthcare professional has referred you for a fluoroscopy examination based on your clinical details. This is done so that they can make a diagnosis or monitor the progress of your treatment. Fluoroscopy uses X-rays to create a live video of inside the body.

You can discuss with your doctor or healthcare professional how information from the examination will help them in your diagnosis or treatment.

X-rays are a type of radiation like visible light, but with more energy. As they pass through the body, varying amounts of different bodily tissues block them. The resulting shadow builds a picture on the other side.

X-rays are part of a group known as 'ionising radiation'. This means they have enough energy to disrupt an atom's normal state, which has the potential to cause damage to health. Special systems are in place regulating the use of ionising radiation to safeguard anybody exposed to them. The *Ionising Radiation (Medical Exposures) Regulations 2017* govern the safe use of ionising radiation in hospitals and ensure your X-ray image is justified before it goes ahead.

This means the benefits from having the examination and making the right diagnosis or providing the correct treatment outweigh the low risk involved with the radiation.

The fluoroscopy machine

The fluoroscopy machine directs a beam of X-rays through the body and on to a special camera. An image is produced by different amounts of the X-ray beam reaching the camera. A live video is displayed on a TV monitor. The healthcare practitioner performing the procedure can take snapshots of any important findings, or record the whole video.

The fluoroscopy machine is regularly serviced and checked to make sure that it is safe and works correctly.

The radiologists and radiographers are trained to take the best possible images using the lowest amount of radiation practicable. They will also explain the benefits and risks of the procedure you are undergoing.

Will I be exposed to radiation?

Each fluoroscopic procedure involves exposure to radiation but the amount of radiation is kept to a minimum. Fluoroscopy examinations are usually higher dose than basic X-ray examinations producing a single picture. The amount of radiation received varies with the type of examination, ranging from the equivalent of a few months of natural background radiation to a few years. Typical doses are stated below under, 'Dose and risk examples'.

The radiation doses associated with fluoroscopy examinations are usually too low to produce immediate harmful effects such as skin burns.

At these low doses, there is a very small increase in the risk of cancer occurring many years or decades after the fluoroscopy procedure. However, these risk levels are very small when compared to the natural risk of getting cancer (1 in 2 people). Additional risk levels are stated below under, 'Dose and risk examples'.

Fluoroscopy doses in perspective

We are all exposed to radiation from the natural environment every day of our lives. This 'background radiation' comes from the earth and building materials around us, the air we breathe, the food we eat, and even from outer space (cosmic rays). Radiation exposure is measured in a unit called sieverts (Sv). The average annual radiation dose a person in the UK receives is 2.7 millisieverts (mSv) (source: Public Health England, 2016). Of this, around 2.3 mSv comes from natural background radiation.

For example, a one-way transatlantic flight can provide a radiation dose of about 0.08mSv, or approximately 11 days of the average annual radiation dose. Each medical examination involving radiation adds a small dose on top of this natural background radiation.

Results of your fluoroscopy procedure

The healthcare practitioners performing the procedure will not necessarily know the results straightaway. A trained radiographer or radiologist may need to examine the image and report the results. The results will then be sent to the doctor looking after you, who will discuss them with you.

Dose and risks examples

Exam	Typical effective doses (mSv)	Equivalent natural background radiation	Lifetime additional risk of fatal cancer per examination
Chest X-ray	0.02	A few days	Negligible risk (less than 1 in 1,000,000)
Barium swallow	1.5	Approximately 8 months	Very low risk (1 in 100,000 to 1 in 10,000)
Barium meal	3	Approximately 16 months	Low risk (1 in 10,000 to 1 in 1,000)
Barium enema	7	Approximately 3.2 years	Low risk (1 in 10,000 to 1 in 1,000)

For more information, please visit

- [Patient dose information: guidance \(www.gov.uk\)](http://www.gov.uk)
- [X-ray \(www.nhs.uk\)](http://www.nhs.uk)
- [General imaging \(kch.nhs.uk\)](http://kch.nhs.uk)
- [Medical radiation: uses, dose measurements and safety advice \(www.gov.uk\)](http://www.gov.uk)

Before the fluoroscopy procedure

If you are, or think you may be pregnant, please tell the radiographer before you have the examination.

If you have had a previous reaction to X-ray contrast injections, please let the radiographer know.

Useful contacts

If you have any further questions, please ask a member of staff:

Radiology main reception (telephone):	020 3299 3111
Fluoroscopic screening department (telephone):	020 3299 5213
Fluoroscopic screening department (email):	kch-tr.fl_reception_dh@nhs.net

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by imaging patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your imaging will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net