

# What if I have an X-ray or scan and then find out I am pregnant?

Talk to your doctor. It is unlikely that the test was harmful to your baby.

## Other things to consider

Medical Imaging staff do their best to keep radiation as low as possible for every test.

If you are pregnant and need a test, you should tell the staff before your test. That way the risk to your baby can be minimised.

Tell your doctor if you have had any recent medical tests. This may avoid tests being repeated.



If you are worried about the possible risks from the test, please ask your doctor:

- Why is this test needed?
- What other tests could be done that do not involve radiation?
- What would happen if I don't have the test?
- Can the test wait until after the baby is born?

To learn more take a look at Inside Radiology website



Medical Radiation in Pregnancy





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## What is medical radiation?

Your doctor may ask for a test for you that uses radiation to help your doctor see inside your body.

#### These tests include:

- X-ray,
- computed tomography (CT or CAT scan),
- fluoroscopy,
- angiography,
- nuclear medicine, and
- Positron emission tomography (PET).

If you are or think you might be pregnant, please check with staff before having any tests.





## What are the risks?

Babies are very sensitive to radiation and it might change the way an unborn baby grows. The risk depends on the type of test you are having. Your doctor may feel that a test with radiation is needed, and that the benefit of the test is greater than any possible risk to your unborn baby. Cancer risks from medical radiation are very small.

## Medical Imaging staff take special care to protect your unborn baby when they are doing X-rays.

In a normal pregnancy, the rate of childhood cancer is very low (0.2% or 1 in 500) for any child. If you need a test with radiation during pregnancy, this chance increases by a small amount.

### Some common tests and the risks

Test	Risk childhood cancer per test
<b>X-ray:</b> Extremities, skull, chest, cervical spine, thoracic spine, mammogram <b>CT:</b> Head or Neck	Less than 1 in 1 million
<b>CTPA:</b> CT pulmonary angiogram	Between 1 in 1 million and 1 in 100,000
<ul> <li>X-ray: Abdomen, pelvis, hip, femur or barium meal</li> <li>CT: Chest and upper abdomen</li> <li>Nuclear Medicine using technetium-99m: thyroid, lung perfusion, renal scan or white cell scan.</li> </ul>	Between 1 in 100,000, to 1 in 1,000
X-ray: lumbar spine CT: Abdomen or Lumbar Spine Nuclear Medicine: Technetium-99m: Bone scan, cardiac blood pool scan, myocardial scan, renal scan. Thallium-201 myocardial scan	Between 1 in 10,000, and 1 in 1,000
CT: Abdomen and/or Pelvis Nuclear Medicine: Technetium-99m SPECT (rest - exercise protocol). PET-CT	Between 1 in 1,000, to 1 in 200
Ultrasound or MRI	0