

## St Margaret's Hospital

**Location:** The Plain, Epping, Essex, CM16 6TN

- **X-ray Mon-Fri - 8am-4.30pm**
- **ECG Mon-Thur 9am-4pm**

The Hospital is about a ten minute walk from Epping town centre. The most direct route is up Palmers Hill and at the traffic lights turn right onto the Plain. The Hospital is about 200 metres on your right. For both x-ray and ECG please book in at the radiology reception desk

## Herts and Essex Hospital

**Location:** Haymeads Lane, Bishops Stortford, Hertfordshire, CM23 5JH

- **X-ray Mon-Fri - 8.30am-12.30pm – 1.30pm-4.30pm**
- **Please note there is no walk-in ECG service at HEH**

The Hospital is about a twenty minute walk from the town centre. The most direct route is via Warwick Road turn right onto Haymeads Lane and follow signs for the hospital.

## Princess Alexandra Hospital

**Location:** Hamstel Road, Harlow, Essex, CM20 1QX

- **X-ray Mon-Fri – 8am-9am – 2pm-7.45pm, Sat & Sun 9am-1pm**
- **ECG Mon-Fri 9am-4.30pm**

The Hospital is situated in the main town centre area of Harlow. The town centre and hospital are both sign posted from all main routes in to the town. For x-rays book in radiology reception (**B6**) for EGC book in cardiology reception (**B25**)



## The Princess Alexandra Hospital NHS Trust

**Telephone SMH X-ray:** 01279 827038

**Telephone HEH X-ray:** 01279 655191

**Telephone PAH X-ray:** 01279 827075

**ECG reception:** 01279 827203

### Additional sources of information

NHS Choices  
[www.nhs.uk](http://www.nhs.uk)

The Princess Alexandra Hospital NHS Trust  
[www.pah.nhs.uk](http://www.pah.nhs.uk)



## The Princess Alexandra Hospital NHS Trust

### Radiology & Cardiology Department



**Walk-In Service for Patients  
Referred for an  
X-Ray or ECG**

# X-ray

The Princess Alexandra Hospital NHS Trust radiology department offers a walk-in service across all of our sites for standard X-Ray procedures. Your GP is already linked to the hospital requesting system which means that the request is immediately sent electronically to the radiology department and can be viewed by radiology staff across all of our sites, so a paper request form will not be needed.

**What to expect?** On arrival you should report to the X-Ray reception where you will be asked to take a seat. The length of time you may have to wait for your examination will be dependent on which site you have chosen to attend, for example you may have to wait longer if you attend the Princess Alexandra Hospital as this is our acute site and therefore is required to meet the demands of inpatient /emergency requests.

For X-Rays of the main body you may be required to remove certain items of clothing and put on a cotton gown, you must also remove any metal objects such as jewellery from the area being examined. You will be called by a Radiographer who will be able to answer any questions you may have regarding your examination. If you are female and aged between 12yrs–55yrs you may also be asked to sign a declaration form confirming that you are not pregnant.

The Radiographer will then take your X-Ray, after you will be asked to take a seat whilst the film is processed, once processed you may be called for further images to be taken or you will be told you are free to leave.

## **Please Note:**

Each individual request for an X-Ray has to be authorised by a healthcare professional and further justified by a Radiographer using guidelines from the Royal College of Radiologists. In the unlikely event that a request is deemed inappropriate we will not proceed with your examination and a letter of explanation will be sent back to your GP.

The Radiology Department facilitates a training program for student Radiographers, all of our students are assigned to a qualified member of staff who will assess all work that is carried out by the student.

X-Ray requests are only valid for **6 weeks**.

## **Frequently asked Questions**

**What is an X-Ray?** X-Rays are a safe and effective method of capturing images of the body's organs and bones.

**Are they Safe?** As with every procedure there are some risks associated with having an X-Ray. However, the benefits of having the procedure usually outweigh these risks. Everybody receives a small amount of radiation from the environment every day. The radiation received from any single X-Ray is very small, and would be similar to the amount you would be exposed to on a transatlantic flight.

**Why do I need to tell you if I may be pregnant?** Unborn children are at greater risk from being exposed to X-Rays because they are still developing. For this reason, PLEASE if you are or suspect that you may be pregnant, it is important that you tell the Radiographer before the X-Ray is carried out. All the information you give will be treated in the strictest confidence.

**Can I bring my children along with me?** Due to radiation exposure children are strictly forbidden from being in the room with you whilst your X-Ray is taken. Children must also be supervised at all times during your visit to the department therefore if you are able to organize child care so that you can attend for your examination alone then this is advised.

Please see overleaf for department details including opening times.

# Electrocardiogram (ECG)

An electrocardiogram – or ECG is a simple and useful test which records the rhythm and electrical activity of your heart

## **What Happens in an ECG test?**

Small sticky patches called electrodes are put on your arms legs and chest. These are connected by wires to an ECG recording machine which picks up electrical signals that make your heart beat. This electrical activity is recorded and printed onto paper.

## **How long will it take?**

The whole test takes from 5-10 minutes and is completely painless. You will need to lie still though because moving can affect the results

## **What can an ECG show?**

An ECG can help detect problems with your heart rate and heart rhythm – called arrhythmias. It can help doctors tell if you're having a heart attack or if you've had a heart attack in the past. Sometimes an ECG can indicate if your heart is enlarged or thickened.

An ECG is usually one of the first heart tests you will have done. It does have some limitations, so often you will have one or more other tests too. An abnormal ECG reading doesn't always mean there is something wrong with your heart.

## **How to prepare for the test?**

You should continue to take all medication unless the doctor has asked you not to.

As top half of clothing is asked to be removed we do ask you to wear top and bottoms, a gown is available during the test.

Please do not wear any moisturiser or body oils as this will affect the electrodes sticking onto the body

## **How do I get results?**

The results of both X-ray and ECG will be returned to the requesting physician