



## Radiation Safety Message

Radiologists and Medical Radiation Technologists are licensed medical professionals who have been specially trained to use the minimum amount of ionizing radiation necessary to obtain images and a diagnosis. Equipment and scanners undergo scheduled quality checks and licence inspections to ensure safe operation when used for patients.

The principles of **ALARA** (*As Low As Reasonably Achievable*) are always applied and risk from exposure to radiation is minimized and reduced to what is only medically necessary at every opportunity.

## References

Health Canada [www.hc-sc.gc.ca/ewh-semt/radiation/index-eng.php](http://www.hc-sc.gc.ca/ewh-semt/radiation/index-eng.php)

BKMIH (1/11)



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[www.msh.on.ca](http://www.msh.on.ca)

## My Medical Imaging History

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

This booklet is intended to assist you in being involved in your safety. We encourage you to ask questions and seek answers with respect to any care or services we provide for you and your family. There are many ways for you and your family to be involved in your safety.

**Before undergoing any radiation exam or treatment procedure, remember to ask your doctor:**

- Why do I need this exam?
- How will having this exam improve my health care?
- Are there alternatives that do not use radiation and which are equally as good?

**Medical Imaging Tips:**

- Be sure to tell the doctor or technologist if you are, or might be, pregnant before having an exam.
- Don't insist on an imaging exam if the doctor explains there is no need for it.
- Don't refuse an imaging exam if there's a clear need for it and the clinical benefit outweighs the small radiation risk.
- Don't forget to take this log with you when consulting any health-care provider – having a log of your imaging history can be helpful in planning your care.
- Visit our website for exam preparation instructions: [www.msh.on.ca/programs\\_and\\_services/diagnostic\\_services](http://www.msh.on.ca/programs_and_services/diagnostic_services)

