

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

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Livewell Southwest



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# X-Ray Information Leaflet



## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

## What the Practitioner can X-ray in MIU

The Practitioner may request x-rays when clinical assessment indicates either a suspected fracture or a suspected embedded foreign body i.e. metal or glass. They can:

- X-ray the upper limb from fingers to clavicle including the humerus. This includes shoulder views for patients aged 16 years and over.
- X-ray the lower limb from the toes up to the knees. This includes views of the knee for patients aged 16 years and over.
- X-ray for metal / glass foreign bodies.

## What the Practitioner cannot X-ray in MIU

- Rose thorns, wooden splinters or other organic foreign bodies, as these do not show up on x-ray.
- Patients who may have sustained serious / multiple injuries.
- Patients who are in shock.
- Children under 2 years of age.

## What is an X-ray?

An x-ray is a machine that directs a beam of controlled source of x-rays through the part of the body that is being examined and takes a picture of the internal structures of the body to produce a digital picture of the bones that can be shown on a computer.

## Are there any risks?

There are risks involved with each x-ray but generally a plain simple x-ray only uses a small amount of radiation, equivalent to that which we all receive from the atmosphere over a period of two or three days. The level of dose varies with the type of examination, ranging from the equivalent of a few days of natural background radiation to a few years.

## Are the risks the same for everyone?

As you get older you are more likely to need an x-ray examination. Fortunately, radiation risks for older people tend to be lower than for others. This is because there is less time for a radiation-induced cancer to develop, so the chances of it happening are greatly reduced.

Children, however, with most of their life still ahead of them, may be at twice the risk of middle-aged people from the same x-ray examination.

Therefore the Practitioner will pay particular attention to ensuring there is a clear clinical need and benefit for every child who is x-rayed to justify the exposure. Sometimes this is not clear and it may be best to watch and wait to see how your symptoms progress before x-raying.

## Please follow the Practitioners advice if you were not x-rayed today

Rest, elevate limb, ice area, mobilise joints and take regular analgesia.

Return to MIU.

## What to do if you're concerned

Please return to the Minor Injury Unit within 24 hours - 3 days if:

- There is increasing deformity to the area injured (more bent out of shape) you should arrange to be seen in the Minor Injury Unit.
- You are concerned despite following the Practitioner's instructions.
- Your pain increases despite painkillers, ice, elevation and mobilisation.

If you have any further questions or concerns please feel free to seek medical attention.