

Date	Exam	Facility Where Exam Performed

## **My Medical Imaging History**

Use this handy record to track your imaging history

**Before undergoing any X-ray 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?

**Remember:**

- 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.
- And, don't refuse an imaging exam if there's a clear need for it and the clinical benefit outweighs the small radiation risk.

For more information, go to [www.ImageWisely.org](http://www.ImageWisely.org) and [www.fda.gov/ForConsumers/Consumer Updates/ucm095505.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm095505.htm)



