

# A change to how we do X-rays

(Effective May 2026)

For many years, lead shields were used during X-rays. We are no longer using shields routinely, and we want you to know why.

## Why we are changing

- With advances in X-ray technology and the use of digital imaging, patients receive approximately 95% less radiation today compared to 70 years ago.
- Decades of research show that at these low levels, X-rays do not harm reproductive organs or a developing baby during pregnancy.
- Shields can also get in the way. They may cover a body part we need to see, which can mean repeating the X-ray and receiving more radiation, not less.



## How we keep your radiation low

We use modern low dose X-ray equipment, image only the area requested by the physician, and train our team to use the lowest amount of radiation possible.

## What about pregnancy?

We take extra care with pregnant patients. Research shows the radiation used in today's X-rays does not harm a developing baby.

**Please speak to your medical radiation technologist or medical provider if you have any questions.**

For more information on discontinuing lead shielding, see the Canadian Association of Medical Radiation Technologists (CAMRT) position statement.



These recommendations are endorsed by:

Canadian Association of Radiologists | Canadian Association of Medical Radiation Technologists

Canadian Organization of Medical Physicists | Safety Code 35 | International Commission on Radiological Protection