

## Immobilization (Limiting movement during procedures)

### What is immobilization?

Your child will need to keep very still when having an x-ray. This is important so the x-ray picture turns out well. Most children who are afraid cannot keep still. The staff doing the x-ray will help keep your child from moving around. This is called immobilization and does not harm your child. The staff will try to reassure your child, but we know they may be upset, scared and not feeling well. This is normal. The staff will move quickly while taking the x-ray so it is over as soon as possible.

### Why is it needed?

- Movement during the x-ray may affect the results.
- The test or procedure may be done more safely, quickly and easily.
- It can reduce radiation exposure from having to re-take x-rays.

### How will my child be immobilized?

You can help decide how your child should be immobilized. Tell staff if your child has any special needs or medical concerns that should be kept in mind. If you have any questions or concerns about your child being immobilized, talk to your child's health care team.

There are many ways to immobilize your child. One or more of these methods may be used:

- You or staff members might hold your child. We do not recommend this because of exposure to x-rays for someone other than the patient.
- A sheet or blanket is wrapped around your child's body, arms or legs.
- Sandbags can help keep your child in the right position and help them lie still.
- An arm board can keep your child's arms still.
- A flat board with Velcro straps, called a papoose board. Your child will lie on the board. The straps are put over the body to help your child lie still.
- A special chair or other type of equipment.
- A Velcro band/strap.
- Medical tape. **The sticky side will not be put directly on your child's skin.**

### What else might be done to help my child?

Reading, playing or listening to music can be used to help distract your child during a procedure. Talk to the nurse or technologist about activities to distract your child.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**