



# Pregnant? Or think you could be?

**X-rays (ionizing radiation) may cause harm to your unborn child.**

# Awareness of Pregnancy Status for X-ray Examinations



We will need to know your pregnancy status if you are a woman aged between 9 to 60 years old, as there is a possibility that you may be pregnant.



X-rays or ionizing radiation poses a risk to the unborn baby.

There may be an increased risk of birth defects, cancers and certain diseases to the unborn baby when exposed to ionizing radiation. The risk will depend greatly on the type of examination and any measures taken to reduce the exposure.



Examinations that use ionizing radiation are:

- X-rays or radiographs (e.g. chest X-Ray, Abdominal X-Ray, X-Ray of bones)
- CT scan (e.g. CT brain, CT Abdomen/Pelvis, CT Urogram, CT Angiogram)
- Fluoroscopy (e.g. Barium Meal, Barium Swallow, Cholangiogram)
- Mammography or Mammograms
- Nuclear Medicine scans (e.g. PET CT, Bone scan)

## Incidents do happen

**There have been cases where patients thought they were not pregnant but found to be pregnant after the examination. That caused great anxiety and stress for the parents-to-be.**

**As such, always approach any of our staff or doctor if you are unsure of your pregnancy status or think you may be pregnant.**



# **Additionally** if you are scheduled for examination with high radiation dose to the pelvis, please note the following:

- ✓ You will receive by mail a preparation letter with the alert statement:

**This is an examination with high radiation dose to the pelvis.**

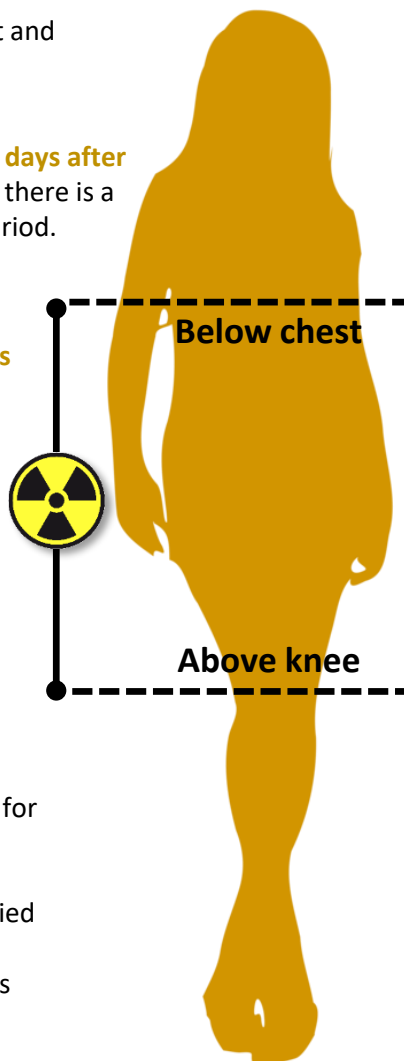
- ✓ The pelvis region includes the area below the chest and above the knee.
- ✓ We can only perform such examinations **within 14 days after your period / menstruation starts**. This is because there is a chance you may be pregnant 14 days after your period.

- ✓ **If your appointment date is more than 14 days after your last menstrual period, please contact us to reschedule your appointment.**

- Scan the QR Code here or
- Email [gdrappt@sgh.com.sg](mailto:gdrappt@sgh.com.sg) or
- Call 6321 4225  
(Mon to Fri: 0830 – 1800, Sat: 0830 – 1230)



- ✓ 14-day rule will NOT apply if you:
  - are less than 9 or more than 60 years old (based on birth date)
  - have removed your womb (hysterectomy) or ovaries (oophorectomy)
  - have reached menopause AND have no menses for more than one year
  - have ongoing chemotherapy
  - have intrauterine contraceptive device (IUCD), tied the tubes (tubal ligation)
  - are currently taking hormonal contraception pills and have not missed the pills



# For better understanding of 14-day rule

**Example 1** My period started on **10 Aug 2021**, and my scheduled appointment is on **23 Aug 2021**. Can I proceed?



Because it is within  
14 days

**Example 2** My period started on **10 Aug 2021**, and my scheduled appointment is on **24 Aug 2021**. Can I proceed?



Because it is more  
than 14 days



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Singapore  
General Hospital  
SingHealth

Diagnostic Radiology  
Outram Road  
Singapore 169608  
[www.sgh.com.sg](http://www.sgh.com.sg)

Reg. No: 198705907Z  
Information correct as at  
October 2021

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