



Pregnant Women and Radiological Examinations

Radiological examinations of the abdominal area should be avoided during pregnancy. If necessary due to emergencies or medical conditions, it is advisable to follow the advice of healthcare professionals regarding undergoing such examinations.

The maternity clothes made of electromagnetic wave-resistant fabric available in the market cannot block the radiation from radiological examinations. Consultations about the radiological examinations for pregnant women are commonly available in the examination unit of the hospital.



Reminder:
Taking supplements after undergoing a radiological examination is not necessary. Do not take unverified remedies from unknown sources as it may adversely affect your health.



Does radiation from radiological examinations remain?

Radiation from X-ray examinations in hospitals does not remain. Additionally, the barium meal ingested or contrast agent injected during the examination does not contain radiation, so there is no need to worry.

The radiopharmaceuticals administered during nuclear medicine examinations will emit radiation from the examinee's body for a brief period. Drinking ample water after the examination can accelerate the excretion of radiopharmaceuticals through urination. Breastfeeding mothers please follow the instructions provided by the examination unit and temporarily suspend breastfeeding for a specified duration.

Radiation Safety for Women



Common Medical Radiation Examinations and Precautions for Women



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Ensuring Nuclear and Radiation Safety:

Reassuring the Public.

廣告



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We care for your health.

Precautions and Common Concerns for Women of Reproductive Age Undergoing Radiological Examinations:

The safety Control of Radiological Examinations in Hospitals

Common radiological examinations in hospitals can be categorized into "X-ray examinations," which utilize X-ray machines, and "nuclear medicine examinations," which involve the injection or oral administration of radiopharmaceuticals followed by imaging.

Hospitals employing radiation medical equipment are required to apply for operational permits or register with the Nuclear Safety Commission. The Nuclear Safety Commission approves usage only after reviewing the presence of qualified personnel, adequate radiation shielding, and safety measures. During operation, hospitals must conduct regular radiation safety self-inspections, and the Nuclear Safety Commission also conducts periodic inspections to ensure the safety of medical staff, patients and visitors.

Radiation control areas in hospitals are marked with yellow-background magenta-trefoil symbols (as shown below) as radiation warnings. Whether it's the general public or expectant mothers, they can follow the instructions of the medical staff to pass through without undue concern.



Quality Assurance for Radiological Examinations in Hospitals

The Nuclear Safety Commission has been actively promoting the "Medical Exposure Quality Assurance Program" since the year 2005 to ensure medical radiation safety and enhance the quality of radiation exposure in medical care. The purpose of this Program is to utilize quality assurance testing instruments, trained personnel, and well-established quality assurance organizations to implement the quality assurance plans. This aims to improve the quality and accuracy of diagnosis and treatment while reducing unnecessary medical radiation doses. To date, a series of quality assurance programs have been implemented for professional training and equipment quality control in medical exposure, relating to various equipment including "radiation therapy," "mammography," "computed tomography," and "interventional cardiology or angiography".

The equipment mentioned above, taking the "mammography" examination, which is closely related to women's health, as an example, has established strict quality certification systems for personnel training, equipment quality management, and so on. You can find quality assurance labels on equipment certified within the hospital, indicating that you can undergo the examination with confidence.

Medical Exposure Quality Assurance Label

Medical Facility Code: ○○○○○○○○○○
Medical Institution: ○○○○ Hospital (Clinic)
Equipment Category: Mammography X-ray Machine
Approval Number: Registration No. ○○○○○○
Location: ○○ Building / ○ Floor / Mammography Room

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Nuclear Safety Commission

Can I undergo a radiological examination right after dyeing my hair, applying nail polish, or during menstruation?

Most X-ray examinations do not require any special preparation. However, some examinations may require fasting or bowel preparation for safety or specific imaging needs. Relevant instructions can be obtained from educational materials provided by the examination unit or consulting with them directly. Nuclear medicine examinations primarily focus on physiological functional assessments, which may be influenced by daily activities or physiological conditions. Some nuclear medicine examinations may require fasting or bowel preparation for safety or specific imaging needs, but there is generally no need for excessive concern.

Appropriate Timing for Radiological Examination

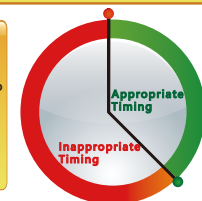
To protect women of reproductive age from radiation exposure to the lower abdomen during early pregnancy, if you are planning to undergo a radiological examination and are actively considering pregnancy or unsure of your pregnancy status, please be sure to consult with your clinical physician or radiology technician before the examination.

Based on safety considerations, experts and scholars have proposed the "10-day rule": Women of reproductive age undergoing non-urgent lower abdominal radiological examinations are advised to schedule the examination within 10 days of the onset of their most recent menstrual period. This is to avoid subjecting the lower abdomen to radiation exposure in cases where pregnancy status is unknown.

Moreover, it is advisable for women of reproductive age with regular menstrual cycles to wait for two menstrual cycles after undergoing a radiological examination before attempting conception.

The first day of menstruation

Possibly pregnant, it is not advisable to undergo radiological procedures during this period.



During the first ten days from the onset of this menstrual period, there is no need to worry about pregnancy issue, making it an appropriate time for radiological procedures.

The tenth day of menstruation

Reminder: Before undergoing a radiological examination, women of reproductive age should ideally confirm their pregnancy status. If uncertain, they can refer to the "10-day rule". Before the examination, it is crucial to ensure that items such as bras that may interfere with the examination are removed to avoid repeating the X-ray.

Reminder: Mammography involves compressing the breast during examination, so it's less suitable to schedule it during the week before menstruation to avoid discomfort when compressing the breast.