

Undue Exposure to Radiation:

Actions You Can Take to Reduce it Today

- Create clear and measurable aims for reducing radiation exposure.
- Use standardized nomenclature for radiology study names in patient records and computer systems (RadLex).
- Utilize existing resources from the Image Gently and Image Wisely Campaigns:
 - ImageGently.org for pediatric radiology
 - ImageWisely.org for adult radiology
 - Includes content from manufacturers about optimizing dose with their CT equipment
 - Utilize Patient Imaging History Record cards
- Access the Right test/ Right Dose tools from the American College of Radiology (ACR):
 - Access the Appropriateness Criteria® for evidence-based guidelines for the most appropriate imaging to guide treatment decisions.
 - ACR Dose Index Registry to review dose indices and optimize protocols.
- Work to reduce dose/image, images/scan, and scans/illness:
 - Make sure that pediatric CT scans are done using size-appropriate settings.
 - Don't order double phase CT scans when single-phase is enough.
 - Don't order scans with and without contrast when one or the other would suffice.
 - Don't use a higher dose of radiation to get a clearer picture when it isn't necessary to get the results you need.