Dose Reduction in Fluoroscopic Imaging
A Team Approach: Reduce the Risk, Keep the Benefit

Radiologists
- Provide in-service training on radiation safety issues for non-radiologists annually.
- To minimize fluoro, stop the fluoroscopy once the diagnosis is determined.
- Collimate to the area of interest.
- Educate referring physicians on the use of non-ionizing exams to obtain diagnostic information.
- Communicate with your vendor and medical physicist to ensure proper operations of your fluoroscopy units.
- Verify annual exposure rate by reviewing the medical physicists reports. Request calibration if rate is too high.
- Communicate with your medical physicist regarding optimizing your fluoroscopy unit for pediatric imaging.
- Educate your technologists on techniques that impact pediatric dose.
- Determine average fluoro exposure rate and total exam time, preferably from fluoro log. This may be used as an action level to determine if physicians need additional training.

Physicist
- Educate technologists and physicians about dose changes in reference to image intensifier size, source to image distance (SID) and source to skin distance (SSD)
- Perform annual equipment survey. Communicate exposure rate results to radiologist.
- Evaluate calibration that has taken place between annual surveys.
- Work with technologists and radiologists to develop protocol manuals for diagnostic exams, with close attention to pediatric/small patients.

Technologists
- C-arm: If the spacer cone must be removed, re-attach it immediately after the exam.
- Changing the table height will change the source to skin (SSD) distance. Communicate with your radiologist or surgeon to maintain an optimal SSD during exams.
- Review patient imaging histories for recent duplicate exams. Communicate with your radiologists for appropriateness of repeat exams.
• Record fluoro exposure time (and exposure rate or cumulative exposure, if indicated). In addition, when using a bi-plane, indicate projection, angle of X-ray entry and any areas of possible overlap.
• Collimate to the area of interest, and use “last image hold”.
• Use protective devices, but be aware of where lead shielding is placed in reference to the detector (because this will increase exposure if placed over a detector).
• When available and appropriate, use pulsed fluoroscopy.

Quality Control
• Ensure preventative maintenance/service is performed annually on the fluoroscopic unit.
• Install password protection and establish a user log. Record protocol changes, including date, reason for the change and who approved the change.
• Ensure that required weekly automatic exposure control (AEC) testing is performed (provide written instructions).
• Require annual sign off that all operators have been educated in safe usage of fluoroscopic equipment and dose reduction.
• Collaborate with team members to review protocols and minimize errors.

For More Information
American College of Radiology - www.acr.org
Conference of Radiation Control Program Directors - www.crcpd.org
American Registry of Radiologic Technologists - www.arrt.org
Impact CT Scanner Evaluation Group - www.impactscan.org
American Society of Radiologic Technologists - www.asrt.org
Image Gently - www.imagegently.org
American Association of Physicists in Medicine - www.aapm.org
Federal Drug Administration - www.fda.org
California Department of Public Health - www.cdph.ca.gov/rhb

California Code of Regulations, title 17, sec.30305(b) – The user shall assure that all X-ray equipment under his jurisdiction is operated only by persons adequately instructed in safe operating procedures and competent in safe use of the equipment.

County of Los Angeles Department of Public Health, Environmental Health Radiation Management Program
3530 Wilshire Boulevard, 9th Floor, Los Angeles, CA 90010   Tel: (213) 351-7897
www.publichealth.lacounty.gov/eh/about/radiation-management-program.htm