

Typical Adult Radiation Doses from Common Imaging Exams

Each exam is compared with the length of time it would take for you to receive the same dose as “background radiation.” Background radiation comes from soil, rocks, food and outer space. It enters your body in the course of normal life in the United States.

Computed Tomography (CT)		
Imaging Exam	Effective Dose (mSv)	Months of background radiation for same dose
Head CT	2	7
Chest CT	7	27
Abdomen and Pelvis CT	10	33
Cardiac CT for Calcium Scoring	2	8
Cardiac CT Angiography	15	58

Fluoroscopy		
Imaging Exam	Effective Dose (mSv)	Months of background radiation for same dose
Upper GI	5	19
Barium Enema	8	31
ERCP	4	15

X-Ray		
Imaging Exam	Effective Dose (mSv)	Months of background radiation for same dose
Chest X-Ray	0.1	0.5
Cervical Spine X-Ray	0.2	0.8
Lumbar Spine X-ray	1.5	6
Abdomen X-ray	0.7	3
Hand/Foot X-ray (Extremities)	0	0
Mammography	0.7	3
Bone Density (DEXA)	0.001	0

Nuclear Medicine and PET		
Imaging Exam	Effective Dose (mSv)	Months of background radiation for same dose
Nuclear Medicine Bone Scan	6.3	27
Nuclear Medicine PET Scan	7.1	27
Nuclear Medicine Cardiac Perfusion SPECT	17.7	69

Interventional Radiology		
Imaging Exam	Effective Dose (mSv)	Months of background radiation for same dose
Myelogram	4	15
Urinary Study	2	8
Arthrogram, Orthopedics and Joints	0.2	1
Vertebroplasty	16	53
Peripheral Vascular	5	17
Vascular Access	7	23

Effective Dose values from NCRP Report 160, Ionizing Radiation Exposure of the Population of the United States, issued 2009 **While the data presented above represents the national averages; MultiCare typically uses doses up to 40%-50% less than the national average.**

For more information, you can also visit these websites:
radiologyinfo.org and xrayrisk.com