

## The out-of-hours medical centre has referred you to the Radiology department for an X-ray; now what?

You have been referred to the Radiology department. An X-ray image will be made to see if you have a fracture.

### If you have a fracture

If the X-ray shows you have a fracture, you will be sent to the emergency room for treatment. You can report at the reception desk. The receptionist will tell you what will happen next.

### If you don't have a fracture

If the X-ray doesn't show a fracture, it means your shoulder is merely bruised. No further treatment will be necessary. You are free to go home. The physician will examine your X-ray again the next day. They will give you a call if necessary. We will inform your own general practitioner that you visited the out-of-hours medical centre. They will also receive the results of your X-ray exam.

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## What can you do:

- Keep the affected body part cool. Use an ice pack or something else from your freezer. Wrap this in a washcloth or tea towel and place it on the affected body part for 10 minutes.
- Do this several times a day for two days.
- Rest the body part.
- Move the body part carefully. You will know how much you can move the affected body part based on the pain you feel. Stop moving if it hurts too much.

### Pain medication (adults):

- You can take paracetamol for the pain: two 500-mg tablets of paracetamol 3 to 4 times a day.
- If paracetamol is not enough to relieve your pain, you can also take ibuprofen: one 400-mg tablet 3 times a day. Note: only take ibuprofen if you are sure you can do so safely. If in doubt, consult your physician or pharmacist.

### Pain medication (children):

- You can give your child paracetamol: check the packaging for the recommended dose.
- If paracetamol is not enough to relieve your child's pain, you can also give them liquid Nurofen. Check the packaging for the recommended dose.
- Children aged 12 or over may also take ibuprofen: check the packaging for the recommended dose.

### Contact your own general practitioner if:

- the above recommendations are not effective
- your complaints persist for more than 5-7 days
- you are worried
- you have any questions