

PATIENT INFORMATION LEAFLET
Effective radiation dose in adults

Following are comparisons of effective radiation dose in adults with background radiation exposure for several radiological procedures described within this website.

For this procedure:	An adult's effective radiation dose is: (approx.)	Comparable to natural background radiation for:
ABDOMINAL REGION:		
Computed Tomography (CT)-Abdomen and Pelvis	10 mSv	3 years
Computed Tomography (CT)-Abdomen and Pelvis, repeated with and without contrast material	20 mSv	7 years
Computed Tomography (CT)-Colonography	6 mSv	2 years
Intravenous Pyelogram (IVP)	3 mSv	1 year
Radiography (X-ray)-Lower Gastro-Intestinal (GI) Tract	8 mSv	3 years
Radiography (X-ray)-Upper Gastro-Intestinal (GI) Tract	6 mSv	2 years
BONE:		
Radiography (X-ray)-Spine	1.5 mSv	6 months
Radiography (X-ray)-Extremity	0.001 mSv	3 hours
CENTRAL NERVOUS SYSTEM:		

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Computed Tomography (CT)-Head	2 mSv	8 months
Computed Tomography (CT)-Head, repeated with and without contrast material	4 mSv	16 months
Computed Tomography (CT)-Spine	6 mSv	2 years
CHEST:		
Computed Tomography (CT)-Chest	7 mSv	2 years
Computed Tomography (CT)-Lung Cancer Screening	1.5 mSv	6 months
Radiography-Chest	0.1 mSv	10 days
DENTAL:		
Intraoral X-ray	0.005 mSv	1 day
HEART:		
Coronary Computed Tomography Angiography (CTA)	12 mSv	4 years
Cardiac CT for Calcium Scoring	3 mSv	1 year
NUCLEAR MEDICINE:		
Bone Scintigraphy	6mSv	2 years
Positron Emission Tomography – Computed Tomography (PET/CT)	25 mSv	8 years
MAMMOGRAPHY		

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Mammography	0.4 mSv	7 weeks
DEXA		
Bone Densitometry (DEXA)	0.001 mSv	3 hours

Reference: [RadiologyInfo.org](https://radiologyinfo.org), August 2020