

Publicly Available Radiation Dose Tacking APPS and Websites

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APPS

RADiDOC

- free
- UCLA
- iOS 8.2 or later
- consult mode: enter age, gender, +/- DLP, study type (XR, CT, NM, fluoroscopy, MRI, mammography) —> calculates dose, ACR dose level, baseline cancer risk, increased cancer risk from study, natural background radiation equivalent/transatlantic flight equivalent
- radiation log mode: allows tracking of cumulative radiation dose over multiple studies
- radiology 101 section: explains fundamental concepts for patients
- references cited

Dose Calc NM lite

- free
- android
- estimates effective dose (mSv) of NM studies and CT scans
- enter age, injected dose (NM studies) or DLP (required for CT studies)
- additional information available: radionuclide details and breastfeeding interruption periods (NM studies)

XCATdose

- free
- 2015 RAI labs, Duke University Medical Center
- iOS 7.0 or later
- enter study type, tube current modulation (required), patient size (in centimeters, required), CTDIvol (mGy, required), DLP (mGy-cm, required) → calculates effective dose, SSDE, organ dose ranges min-max

Track Your Dose

- free
- 2014
- iOS 8.0 or later
- allows users to keep record of personal radiation exposure from medical imaging studies and will calculate cumulative radiation dose per year (including all logged medical imaging studies, location background radiation exposure and flight-related radiation exposure)
- enter study type (XR, CT, NM, fluoroscopy), date → calculates dose (mSv)
- additional features: allows you to track average radiation exposure where you live (mSv per year), amount of radiation attributable to cigarettes, radiation exposure from airplane flights.

WEBSITES

Magellan Healthcare Radiation Awareness Radiation calculator

- <https://www.radiationcalculator.com/radiation-calculator.aspx?ref=DEFAULT#>
- free
- 2019 Magellan Healthcare
- need flash installed for radiation dose calculator
- enter gender, age (range in years), exam type → calculates total dose (mSv)
- compares calculated dose to average medical exposure for someone in same age range, cross country flights, annual natural exposure, nuclear stress test, and the Chernobyl disaster
- references cited

Rad Risk calculator

- https://ehs.ucsd.edu/Radiation_Risk/request/home
- free
- 2019 UCSD
- enter study type (XR, CT, NM, fluoroscopy), gender → calculates total exposure/effective dose equivalent (mSv), compares to amount of annual natural exposure in the San Diego area (1.6 mSv)
- references cited

xrayrisk

- <https://www.xrayrisk.com/>
- free
- 2018 American Society of Radiologic Technologists
- allows users to track imaging history and estimate personal risk
- enter age, sex, study type (XR, CT, NM, fluoroscopy/interventional procedures, MRI, mammography, ultrasound) with DLP (optional) —> calculates total effective dose, baseline cancer risk, additional cancer risk
- resources linked, references cited
- additional features: FAQs, free patient radiation handout

Note: The individuals above who prepared this material and the ISR and Image Gently Alliance do not take responsibility for availability, accuracy or any modification in content of listed sites.
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