

Time for pictures!

You're going to get a **CT scan**.
Here's what that's all about.



What is a CT scan?

A CT scan is a camera that looks like a big circle that takes pictures of the inside of your body. A CT technologist (or tech for short) will be helping to take the pictures.



Arriving at the hospital

You'll first check in at the registration desk in the hospital's main lobby. You and your caregiver will get a bracelet to wear that has your name and birthday on it.



Where you'll wait

After registration, you and your caregiver will go to the radiology waiting room and check in with a receptionist at the front desk.

When it's time for your pictures, a radiology tech will come to the waiting room and call your name.



There's hospital PJs!

If there is any metal, glitter or anything shiny on your clothes, the tech will give you some pajamas to change into for the picture. Otherwise, you don't have to change.



Getting your CT pictures

CT scans don't hurt. Your job is to lie on the CT scanner bed and rest your arms behind your head.

The CT scanner bed will move into the open circle and stop over the area of your body where the doctor wants the picture. You may feel the bed moving back and forth, slowly, while it takes your pictures. Some kids say, when the CT scanner is taking your picture, it sounds like a washing machine.

While you are getting your pictures taken, the tech will be behind a window talking to you and giving you instructions. The tech may ask you to breathe in and hold your breath or hold very still at specific times.



Staying still

Your job is to hold your body still during the scan. Just like regular pictures, if you move the pictures will come out blurry. Can you practice holding your whole body as still as a statue?

Sometimes it's hard to hold still during the pictures. Here are a few ideas to help:

- Close your eyes and think of a song you can sing in your head.
- Close your eyes and imagine that you're at your favorite fun place. Who is with you? What is the weather like? What sounds do you hear around you?
- Use your imagination. Maybe you're in outer space or in a castle!

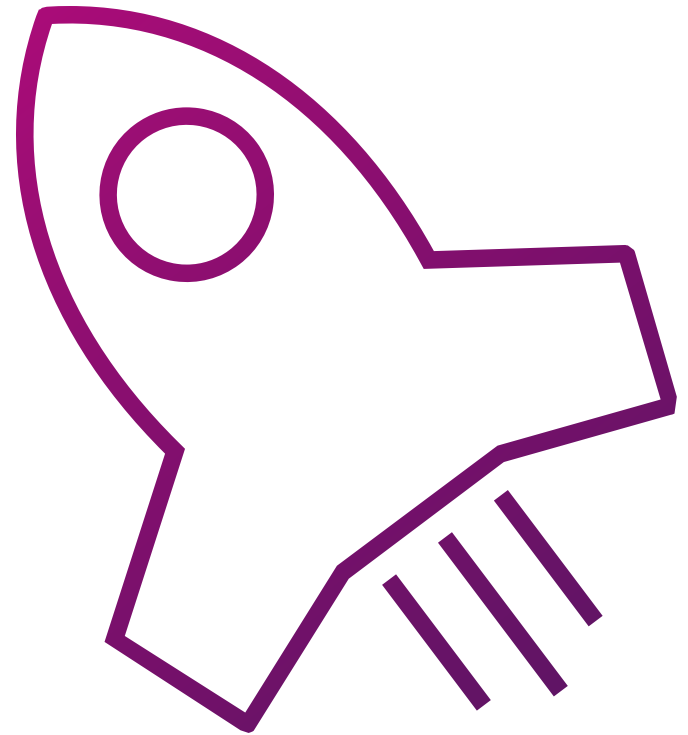


A note to caregivers about contrast

Depending on the type of scan your doctor ordered for your child, the CT scan may be done with or without a contrast agent. It will be given to your child either by mouth or through an intravenous line (or IV) placed in a vein in your child's hand, arm or foot, depending on his or her age.

If your child must drink the contrast, he or she will be given an hour to drink it, and they have a choice of mixing it with juice or Crystal Light. The amount of contrast given depends on your child's age and weight.

If your child is given the contrast through an IV, just after the contrast goes into the vein, he or she may feel a flush of warmth all over their body as well as in the back of his or her mouth. The warm feeling is normal and will go away shortly.



Our child life specialists are here to help

Child life specialists can help reduce a child's fear associated with the hospital environment. They do this through therapeutic play, developmentally appropriate medical preparation and coping support. They can help you and your family understand what to expect during a CT scan.



Questions?

After reading this, you might have questions. Feel free to write them down (by yourself or with the help of your caregiver) and bring them with you to the hospital. We will make sure all your questions are answered before we start!



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GREAT JOB!

**That's the end of your
CT scan! You're all done.**

