

What to Expect:

Your Visit to the Radiology Department CT Scan



Child Life Services

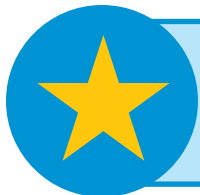
Child Life Services creates opportunities for children, teens and families to play, learn, and discover every day at UCSF Benioff Children's Hospital.

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CT – What is it?

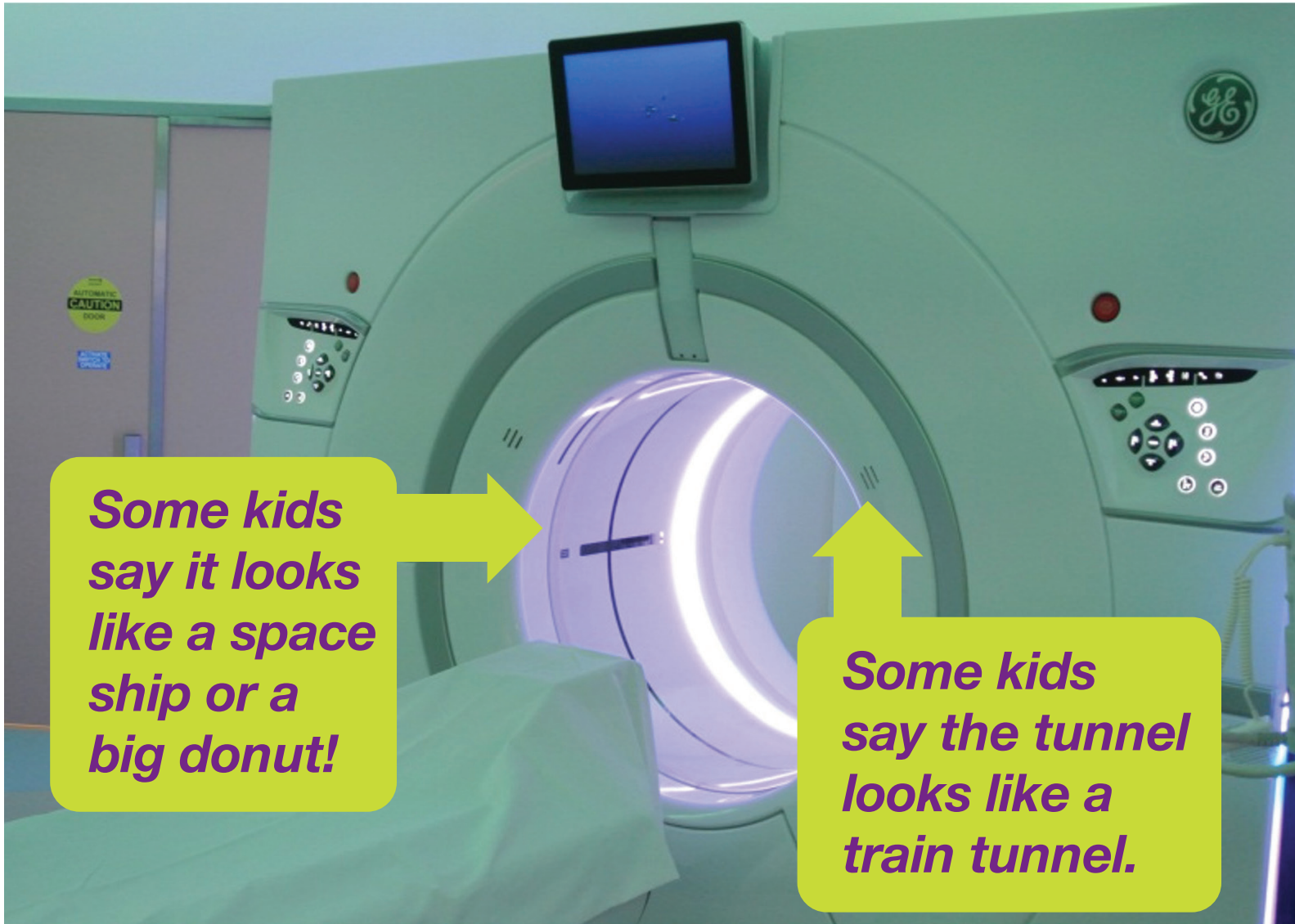
It is a camera that takes pictures, or images, of the inside of your body.

Doctors use these pictures to learn more about your body.



Quick Fact:

CT stands for Computed Tomography



CT Scan – What Does It Look Like?

It looks like a big circle with a hole in the middle.

There is a bed in front of the camera, it moves up and down and in and out of the tunnel.

CT Scan – What Does It Look Like?

- You will lie on a bed, the CT tech (picture taker) might place a small, soft strap over your body, kind of like a seat belt.
- The bed will move up & down, and in & out of the circle (the camera).
- The CT camera will make a soft humming sound when it takes pictures, kind of like a fan or airplane engine. You may also see some lights spin around the circle or the center of the camera, this means the camera is taking pictures.



CT – What Happens?

- For a CT scan, some kids need to have contrast.
- Contrast or picture water is a liquid that acts as a highlighter to help the doctor see the inside of your body more clearly.
- Contrast helps highlight your tissues and organs. It does not hurt you. Some kids say the contrast will make your body feel warm and will make you feel like you have to pee (but you won't), this is normal. ***You can tell your Child life Specialist how it feels when it's your turn!***

There are 3 ways kids can have contrast.

- Drinking (Oral contrast)
- I.V. (medicine straw)
- Or both



CT – What Happens?

Oral Contrast

- Some children may need to drink a liquid called contrast before their scan. Contrast helps highlight the CT pictures.
- If you need to drink contrast some kids say it tastes like water.



CT – What Happens?

I.V. Contrast

Some children may need contrast through an IV (tiny, soft straw placed into a vein). A small needle is used to slide the tiny straw in, then the needle is removed and thrown away. If you need an IV (medicine straw), a child life specialist will prepare you and create a plan with you before your IV placement. Some kids say you may feel a little discomfort, like a small quick poke, when the soft straw is placed.

Your job is to hold your arm very still and take deep breathes.



CT – What Happens?

Here are some things that can help make it easier!

- You can bring comfort items from home such as: books, a stuffed animal, or blanket.
- You can squeeze a stress ball.
- You can watch a show or play a game on our iPad.
- You can have numbing options available to you
 - Your Child life specialist will help prepare you and explain your options when you arrive.
 - Numbing medicines help you feel less



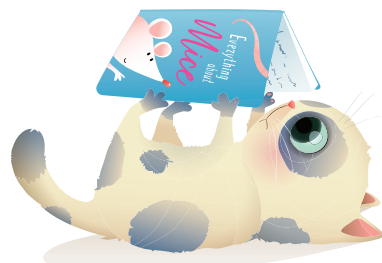
Comfort Items



Movie/iPad



Numbing Options



The nurse or radiology tech will remove the medicine straw (IV) and place a bandage over the site once the IV (medicine straw) is no longer needed.

CT – What Happens?

- A caregiver can stay with you in the room with you during your scan.
- They can hold your hand or your feet to remind you that they are there.



- They will have to wear something that looks like an apron over their body.



CT – Your Job

Your job is to keep your body really still.

Sometimes the tech will have you hold your breath, take deep breaths, and blow air out for some pictures. They will give you directions and your job is to follow along.



You can practice by playing a *'still as a statue'* game or a *'freeze'* game.

CT – How Long Will It Take?



CT pictures take 3-5 minutes or the time it takes to listen to 2 or 3 songs.

Sometimes when they take multiple pictures, the whole process can take 5-15 minutes.

You can ask the MRI tech (picture taker) how long it will take when you arrive.

Some are a little longer

Some are a little shorter



Tips from Other Kids



- Practice lying still at home
- Look at pictures of the CT cameras
- Think about what might help you stay still
 - Some kids like to count, take deep breaths, squeeze a stress ball, or hold someone's hand.
- **Ask questions!**
 - Let us know what you are thinking about or if you want to know something.
 - Print out the next page with your questions or make your own list.

Questions I have before my CT

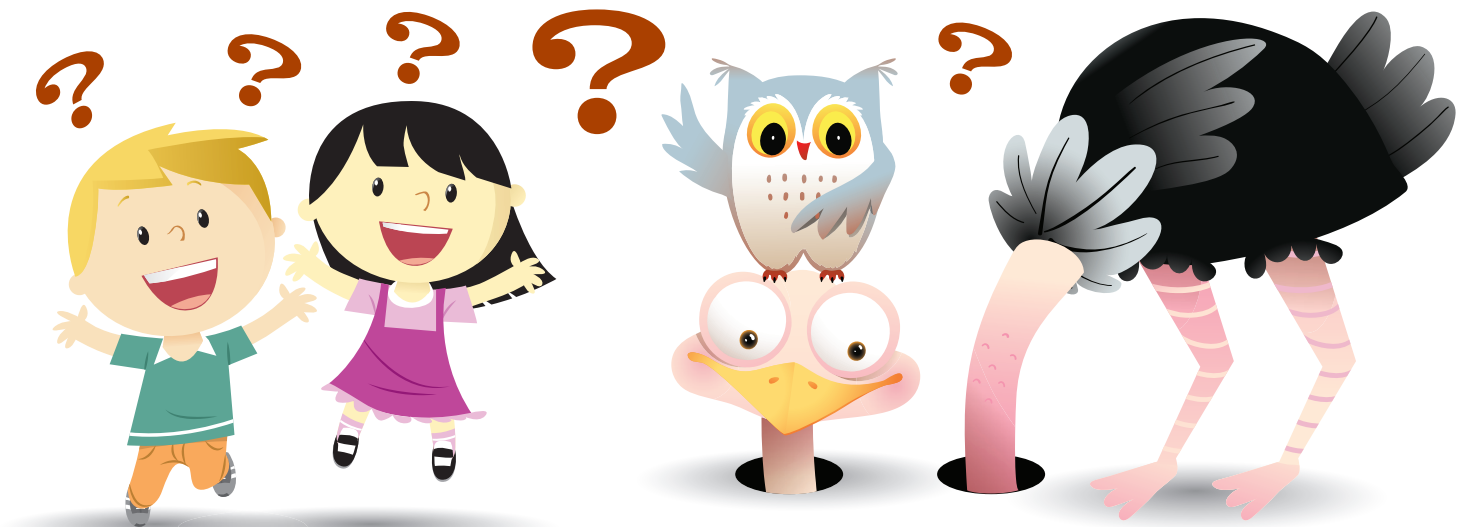
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You Are Ready!

We look forward
to seeing you
for your CT!
See you soon!



