



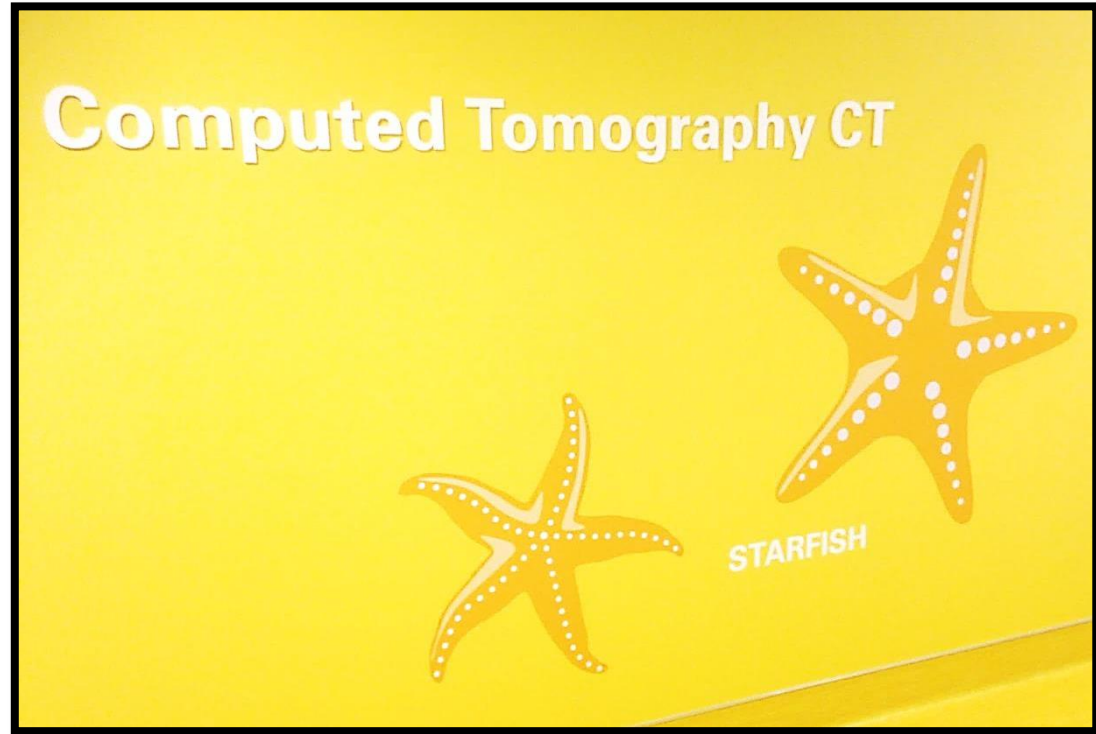
# CT Preparation Book

BC Children's Hospital

# Introduction

This book contains a series of photos showing the CT experience step-by-step to help prepare you for your CT.

*Computed Tomography (CT)* scan is a kind of x-ray that show doctors what is going on inside of your body in more detail than a regular x-ray.



## Still as a statue

Have you ever tried taking a picture of something that is moving? It gets blurry!

It is very important that you stay still for your CT pictures to make it easier for the doctors to see what is happening inside your body.



## When I arrive at the hospital

When you come to the hospital you can bring a toy or a stuffy from home.

When you arrive you can play in the waiting area. When it is your turn a staff member will come and get you and your caregiver.



# The CT machine

The CT machine is a circle shape with a hole in the centre. The back of the camera is open making it a tunnel.



## What you'll see

This is the view from the CT bed. You can see the control room where the technologist sits while they take your pictures. You can also see the ocean mural in this room.

Be sure to look up to see the art on the ceiling too!

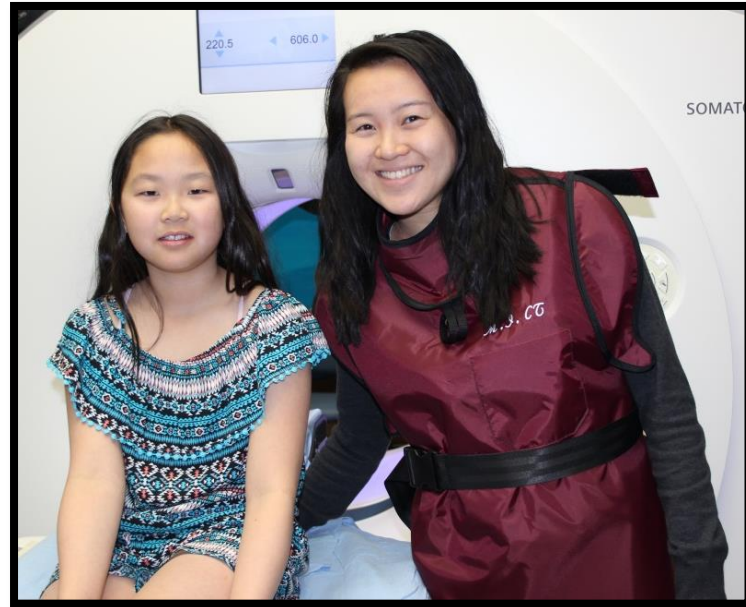


## Someone can stay with you

### with you

An adult from your family can stay with you during your pictures. They will wear a heavy vest made out of lead during your pictures.

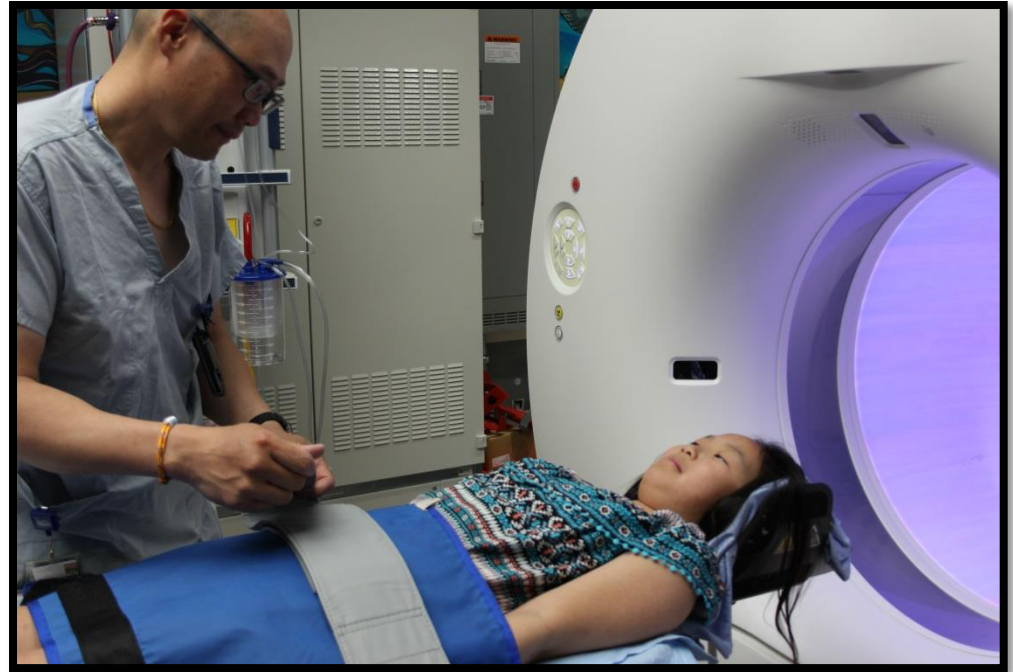
You may have to change your shirt if your shirt has metal, buttons, glitter, or printed decals.



## Position

Some patients will go head first into the CT machine and some will go feet first.

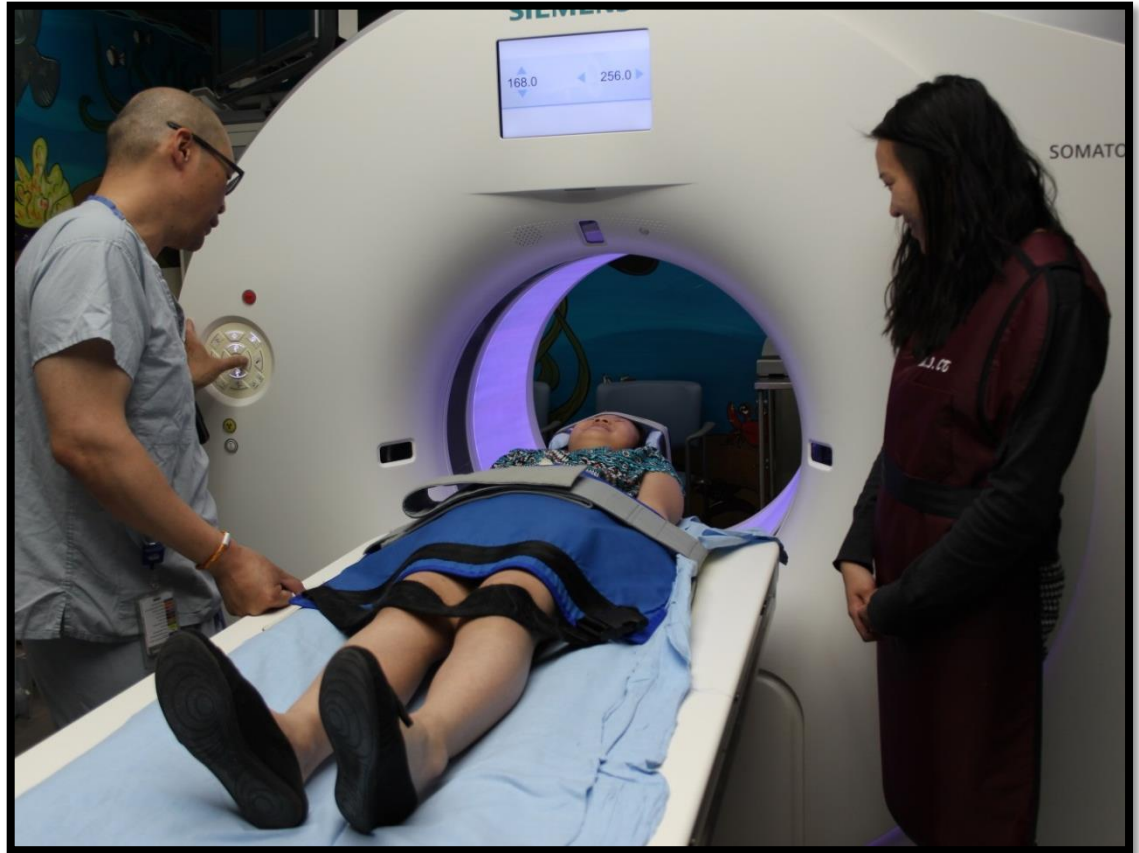
Lying on your back, You will have a small heavy blanket similar to the vest your family member is wearing. You will also have a velcro strap over you stomach.





## Position: head first

If you are going in head first you will lay on a bed with your head in a headrest and a velcro strap across your forehead to help you stay still.



## Position: feet first

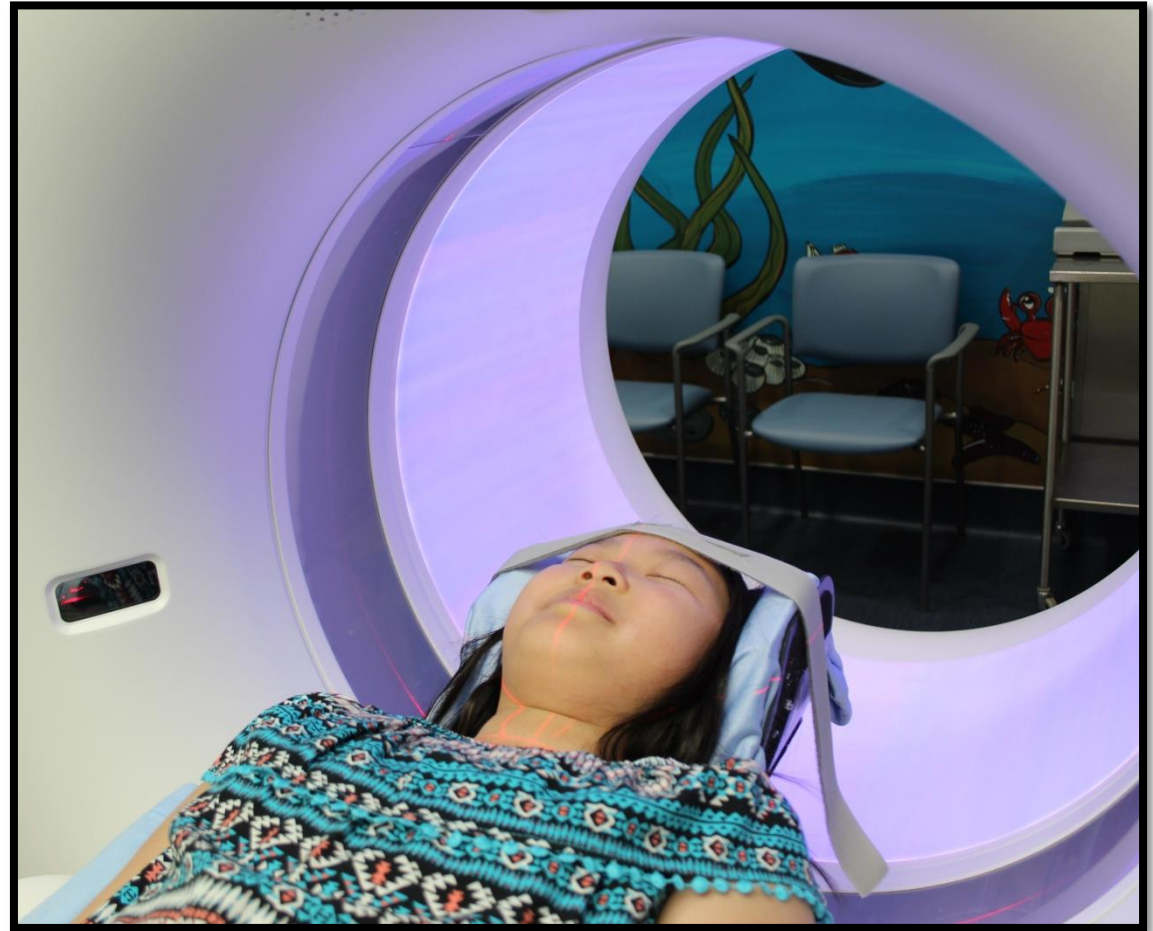
If you are going in feet first you may be asked to have your arms up by your head.



## Red lights

Before your pictures begin, the technologist will use a red light to help them centre your body for the pictures.

You will not feel the red light.

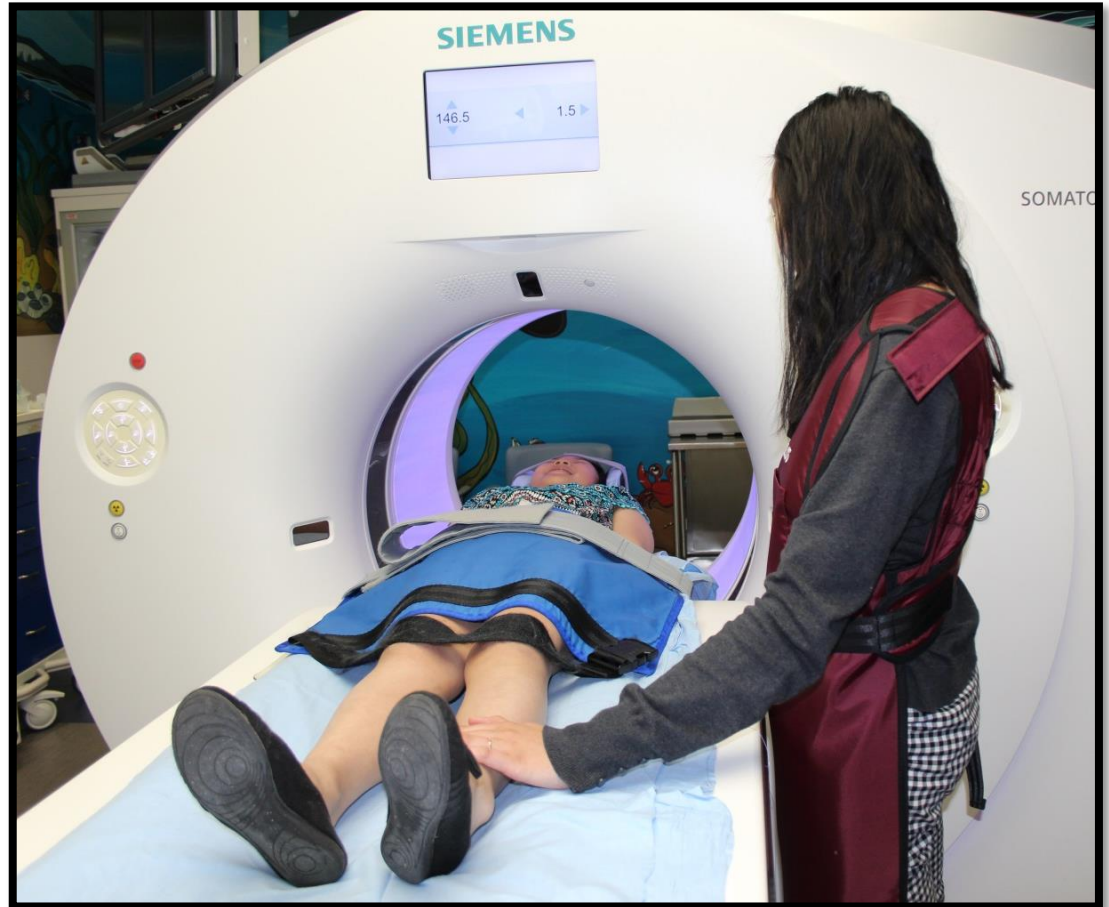


## Taking the picture

The bed will slide into the tunnel and then slide back out; the pictures are taken while you are sliding out of the tunnel.

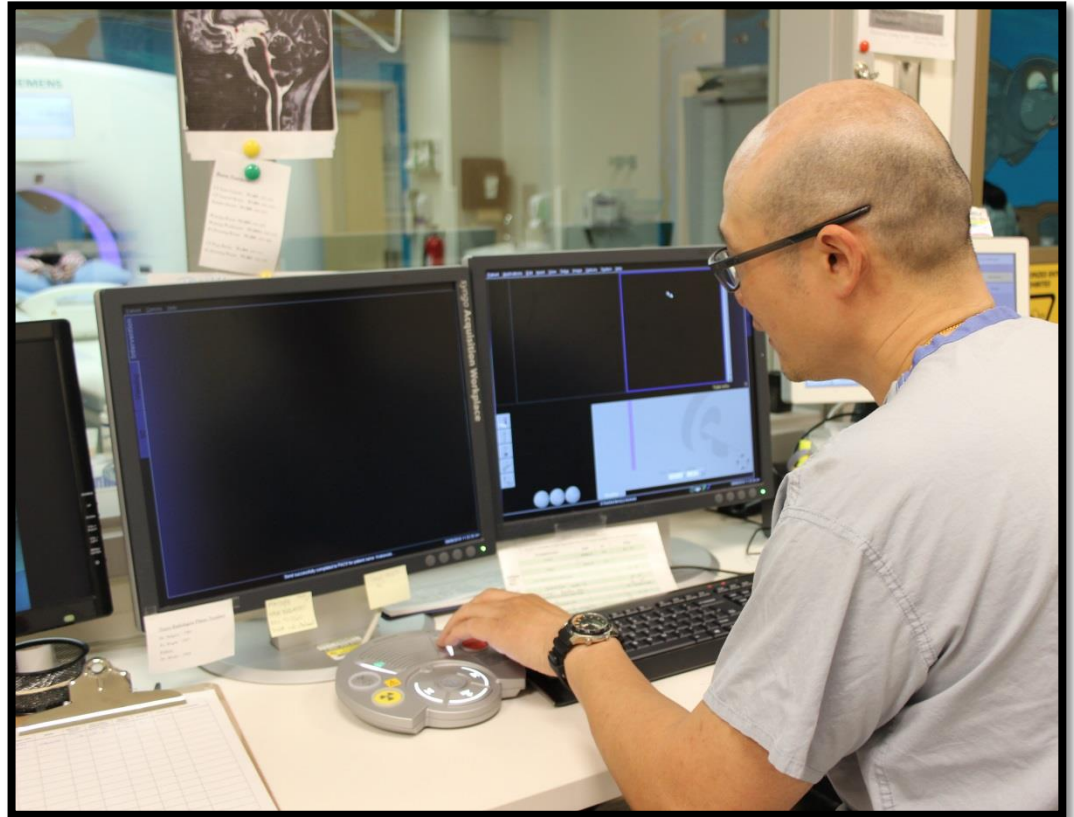
The picture takes 5-10 seconds to take. This will happen twice.

Remember to hold still!



## Breath holds

During your scan you may be asked to hold your breath or take a long sniff for about 5 seconds. The technologist will talk to you through speaker in the tunnel and tell you when to do this.



## All finished

When the technologist is done taking your pictures. It's time to go.

Good bye!

NOTE: If your child requires contrast or is having a cardiac CT, please keep reading.



# Contrast



# Contrast

Some kids get a medicine called contrast that helps the pictures show up on the computer. This medicine goes into your body through an IV (intravenous).

An IV (intravenous) is a small straw that goes in your vein and used to give your body medicine.





## Numbing Cream

The nurse will put some numbing cream on your hands and cover it with clear tape. This cream helps your skin from feeling the poke of the IV. Even though you have cream on both hands you will only get one IV.



## IV (intravenous)

Before you get your IV the nurse will peel off the clear plastic tape and wipe off the cream with a soft cloth and clean the area with a strong smelling wipe.



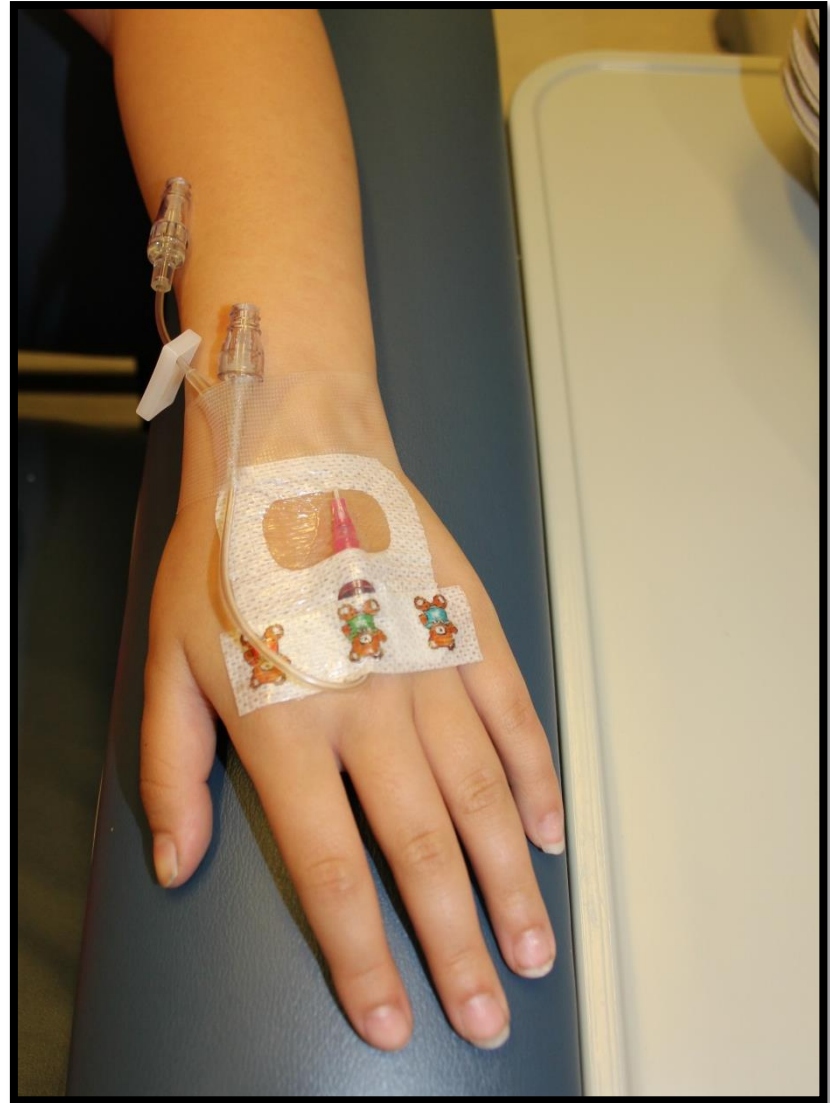
## IV (intravenous)

The nurse will tie a stretchy elastic band around your arm before inserting the IV into your vein in your hand. Some kids like to blow bubbles or look at an I-spy book as they prepare for their IV start.



## IV (intravenous)

This is what an IV looks like after it is inserted into your vein. The nurse will use some tape so it stays in place.



## The contrast

After the first picture, called a scout scan, the technologist will connect the contrast machine to your IV.

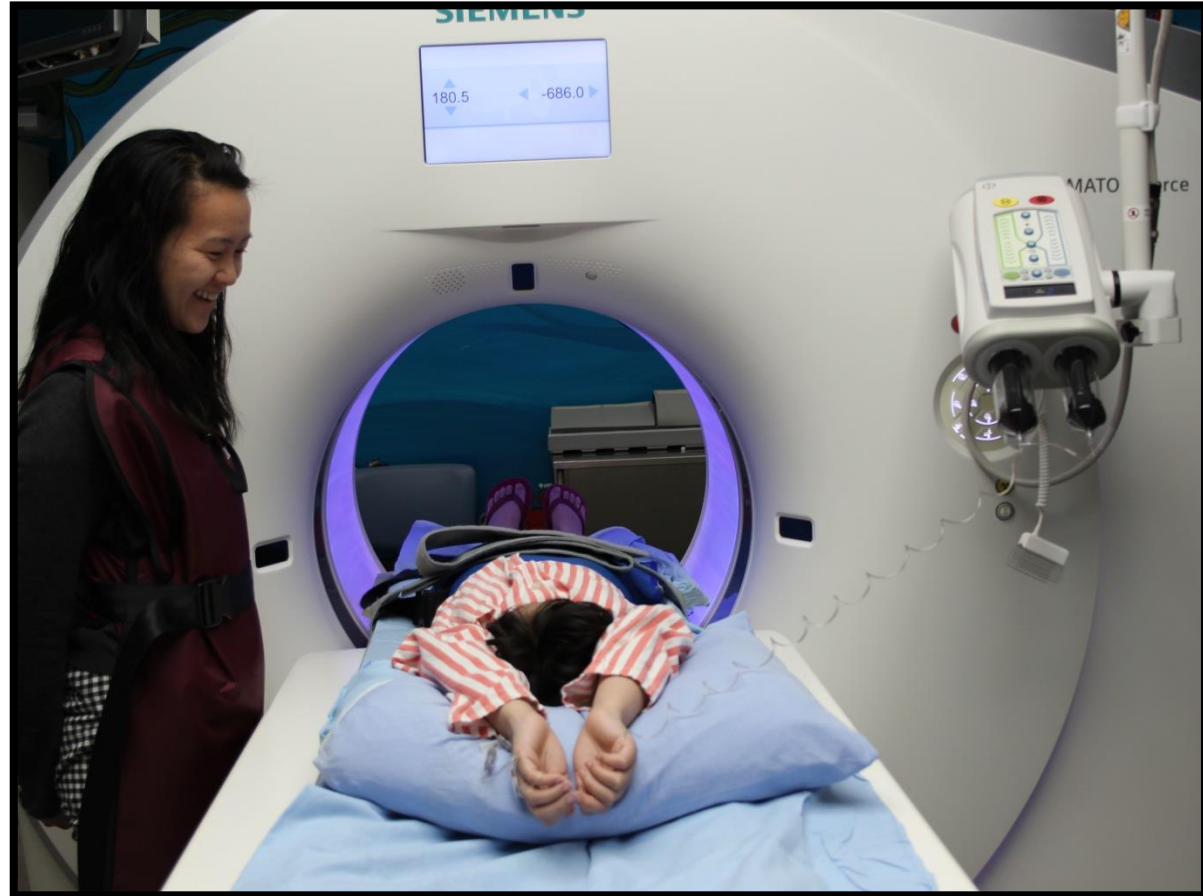
During the second picture you will be given the contrast medicine.



## The contrast

When the medicine goes in your body, kids usually feel warm from the medicine.

You may feel like you are lying in the sunshine, or are in a warm pool. Some kids say they feel like they peed their pants. Don't worry, that is just the feeling of the medicine making your body warm.



# Breath holds

During your scan you will be asked to hold your breath or take a long sniff for about 5 seconds. The technologist will talk to you through speaker in the tunnel and tell you when to do this.



## Putting it all together

When you are lying in the tunnel, you will start to feel the warm feeling of the contrast medicine.

Next you will be asked to hold your breath.

Then you will feel the bed move as the picture is being taken.

Remember to keep holding still!





# Cardiac CT



## Cardiac CT

If you are having a cardiac CT you will get an IV for contrast.

You will do the breath hold.

You will also have four stickers placed on your body. The CT technologist will place a little bit of gel before putting on the stickers.

