



# preparing for your computed tomography (CT) scan

The page features decorative elements including an orange balloon and a teal balloon at the top right, a large green balloon in the center-right, and a red balloon at the bottom right. Black swirl lines are scattered around the balloons.

# PREPARING FOR YOUR CT SCAN APPOINTMENT

---

- 1. Learn about your CT scan**
- 2. Practice at home**
- 3. Check-in with your caregiver**
- 4. Complete the CT scan**

**follow these easy  
steps to get ready!**

# welcome to CT!

---

## LEARNING ABOUT YOUR CT SCAN

**Your doctor orders a CT scan when they need pictures of the inside of your body. These pictures will be used to help your doctor learn about your body.**

**The CT scanner is bigger than a normal camera, does not hurt or touch you during your scan, and takes 5-10 minutes.**





# GETTING YOU READY

**Your radiology technologist will move the bed up and down and in and out of the machine to make sure it is in the perfect spot for your CT scan.**

**Our CT scanner bed has Velcro seatbelts that are used to help keep you safe and still.**

**Being inside the CT scanner is like being in a tunnel, but nothing will touch or hurt you during your scan.**

**Once at the right height, the CT scanner bed moves in and out of the machine a few times to get your pictures!**





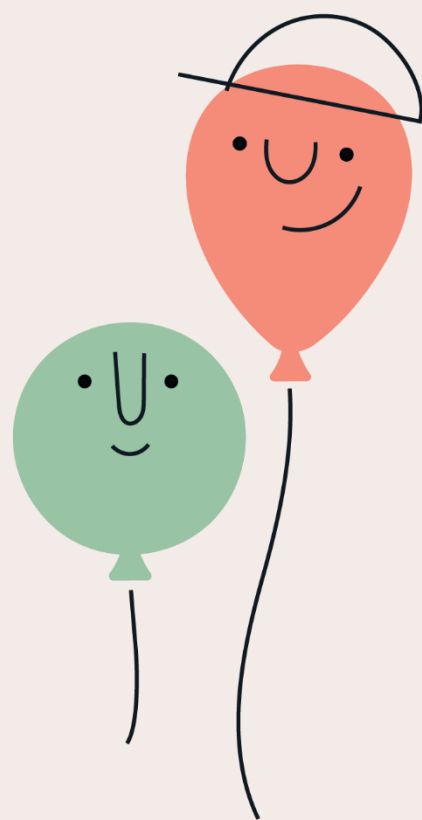
# YOU WILL HAVE LOTS OF SUPPORT

**If your parent or guardian can stay during the CT scan, they are able to hold your hand or touch your leg to let you know they are there! This person will also be wearing an apron to keep their body safe during your scan.**

**When getting your CT scan, you might hear the machine make different sounds. You may hear a humming noise, like a car or refrigerator. You could also hear a beeping noise, like a toy car horn.**

**Your radiology technologist might tell you how to breathe during your scan, so you might hear someone on a microphone telling you to hold your breath for a few seconds while the CT scanner takes your pictures.**





## CT SCANS ARE FAST

- ✓ **CT scans last 5-10 minutes.**
- ✓ **These pictures help your doctor, help your body.**
- ✓ **Your job during the CT scan is to stay very still, like a statue, and take deep breaths.**
- ✓ **This helps us to get the BEST pictures.**





# CT SCANS WITH CONTRAST

**Your body may need a medicine called “contrast” which works like a highlighter on the pictures of the CT scanner.**

**This medicine is either something you drink when arriving to your appointment, something that goes through an IV or medicine straw, or both.**

**If you are drinking contrast, your body will not feel any different.**

**If you are getting contrast through an IV, you get it in the middle of your CT scan and your body might feel warm. Some patients say that they feel like they peed their pants, but it’s just their body tricking them!**



# practicing for your CT scan

---

## GOOD WAYS TO PRACTICE

1. Set a timer at home.
2. Lay down.
3. See how still you can be.

Start with a 2-minute timer and work your way up to 5!

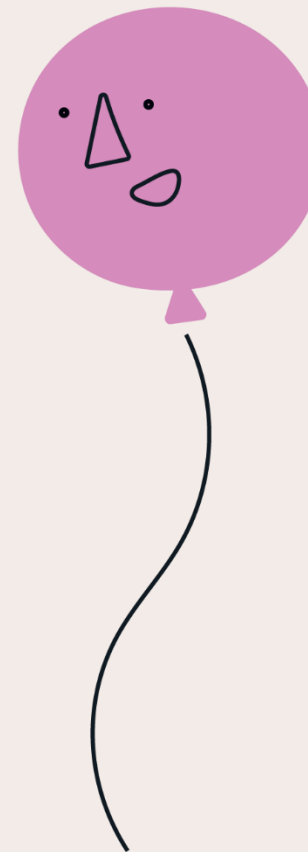
---

**FUN CHALLENGE:** Play your favorite song or video. Can you stay still and not dance or sing along, during the whole video or song?

Talking to an adult about your plan for the day can make it feel easier!

## YOU CAN ASK AN ADULT:

- ☐ Who will stay with you during your pictures.
- ☐ What you might like to bring with you. (Like a stuffed animal or small blanket.)



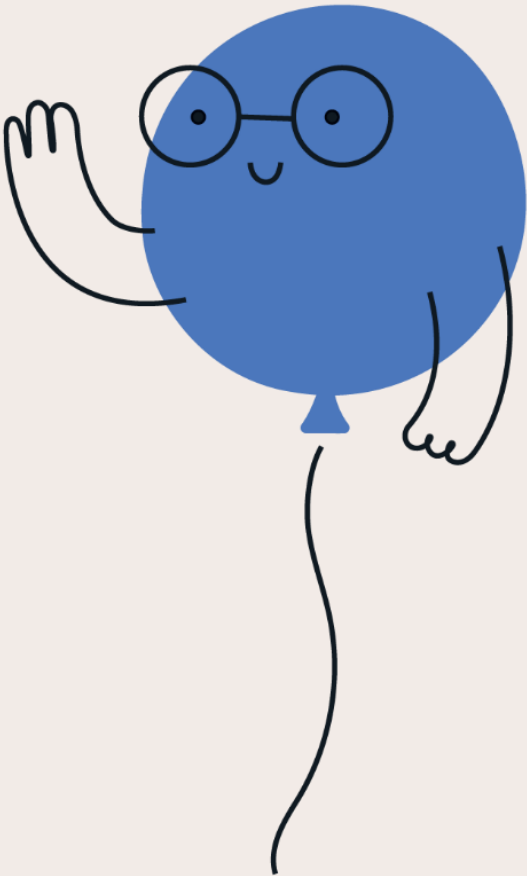
The next page is a CT coping plan worksheet. It can help you plan for your CT scan.



**FUN CHALLENGE:**

**Fill out your CT coping plan.**

---



My name is \_\_\_\_\_

I am \_\_\_\_\_ years old and this is my \_\_\_\_\_ CT scan. (first, second, third)

During my CT scan, my \_\_\_\_\_ will be with me. (mom, dad, grandpa)

I am bringing my \_\_\_\_\_ with me to my CT scan. (stuffed animal, favorite blanket, etc.)

If I feel nervous during my CT scan, I will think about:

---

---

---

(Your favorite place, your bedroom, school; who might be with you in this place? What would you be doing?)

## **FUN CHALLENGE:**

With a pencil, crayon or marker check the boxes for things that can help you during your CT scan.

### **To help me hold still, an adult can:**

- ☐ Remind me to hold still before each picture.
- ☐ Tell me when I am doing a good job
- ☐ Play me music. I like to listen to:

- 
- ☐ Let me hold my comfort item

### **If I need an IV for contrast for my pictures, I will:**

- ☐ Watch
- ☐ Look away
- ☐ Blow bubbles
- ☐ Play I-spy
- ☐ Squeeze a squishy ball or someone's hand
- ☐ Talk to my parent/caregiver or child life specialist



what did  
you learn?



# TEACH-BACK QUESTIONS FOR CAREGIVERS TO ASK KIDS

---

Why do you need your CT scan?

What are your jobs during the CT scan?

What happens during the CT scan?

