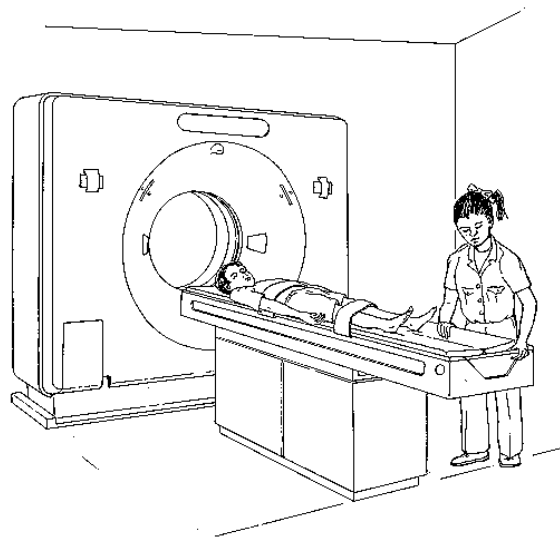


Name of Child: _____ Date: _____

CT Scan

What is a CT scan?

A CT scan is like an x-ray. It takes pictures of the inside of your child's body. This picture helps your doctor decide how to best care for your child. The CT scanner does not touch your child's body. A CT scan does not hurt.



A CT scanner takes pictures of the inside of your child's body.

Before the test

- Your doctor will tell you why your child needs this test. If you have any questions, ask your doctor.

Date of my child's CT scan: _____

Time to get to the place where the test will be done: _____

- Sometimes, we give children medicine to help them relax through the test (sedation). Sometimes, to see more detail on the CT scan, we give children medicine called contrast. **Your child should not eat or drink before the CT scan.**

yes no **Your child is under 6 months old.**

4 hours before the test, _____ (time), stop giving your child breastmilk, formula, and food.

2 hours before the test, _____ (time) stop giving your baby liquids, like water, juice, and Pedialyte.

yes no **Your child is 6 months old or older.**

6 hours before the test, _____ (time), stop giving your child breastmilk, formula, and food.

3 hours before the test, _____ (time) stop giving your child liquids, like water, juice, and Pedialyte.

yes no Your child should take his or her usual medicines before the test.

yes no Ask someone you trust to pick up or care for your other children while this child is having the CT scan. We do not offer child care at the hospital.

- To get a clear picture, your child must stay very still during the CT scan. This is often hard for children to do. Your child may be given medicine to make him or her drowsy (sedation) or sleep through the test (general anesthesia).

- If you want to know more, ask your nurse or doctor for the handouts:
 - **Medicine Before a Test or Procedure (#300)**
 - **IVs (#107)**

- For comfort during the CT scan, your child should wear loose clothing. You may bring a story or music audio tape, a blanket, stuffed animal, doll or pacifier.

- Tell your child he or she will have a CT scan. Show the picture of the machine. Tell your child the machine takes pictures, like a camera. Show how a person fits inside the hole. Tell your child to lie still for the pictures, and explain he or she will be held on the table with a belt. Tell your child there will be a swooshing sound.

- Before the CT scan, your child may be weighed. Your child's heart rate, breathing rate and blood pressure will be checked.

- A very small tube may be placed into one of your child's veins. This tube is called an **IV** or **intravenous catheter**. This will let your child get medicine during the exam quickly and without pain. A cream medicine may be used to make the skin numb, so putting in the IV will hurt less. To work best, this cream must be put on at least one hour before the IV is put in.
- If your child has ever had a **kidney problem** or **kidney disease**, please tell your nurse, doctor, and the person doing the CT scan on your child.
- If your child has ever had a **reaction** or **allergy** to a **contrast agent** used for any medical test, such as a CT scan, an MRI, or an IVP test, please tell your nurse, doctor, and the person doing the CT scan on your child.

During the test

- Sometimes, to get the best picture, a medicine may be put into your child's IV that will make body parts show better. This medicine is called **contrast**. For about a minute after it is put in your child's IV, your child may feel warm, get red in the face, and may have a salty taste in his or her mouth. He or she may also feel sick to the stomach.
 - Your child will hear a swooshing sound during the test.
 - When your child is inside the scanner, the machine will move around, taking pictures with the x-rays.
 - During the whole test, your child will be watched through a window and talked to. One parent or guardian can wear a lead apron, and stay with the child during the CT scan. If you are pregnant, you cannot stay in the room during the scan.
- yes no If your child has a CT scan of the head:
- Take out your child's earrings before the test.
 - Your child will lie on a table, and his or her head will rest in place on a special cradle. Your child's head will be kept still during the test by a strap with Velcro.

- yes no If your child has a CT scan of the body:
- Your child's clothes should not have snaps or buckles.
 - Your child will lie on his or her back. A strap with Velcro will be placed around your child's waist.
 - Your child may be asked to hold his breath for a few seconds during the test.

After the test

- If your child was given medicine (sedation), he or she may feel sleepy after the test. Your child may also be unsteady and cranky. You will need to help your child walk and stay safe.
- Your doctor will tell you what the test showed.
- If you want to know more, ask your nurse for these handouts:
 - yes no IVs
 - yes no Medicine Before a Test or Procedure
 - yes no Home Care After Sedation

Now that you've read this:

- Tell your child's nurse or doctor how you will get your child ready for the CT scan. (Check when done.)
- Tell your child's nurse or doctor when you will stop giving your child food and liquid. (Check when done.)
- Tell your child's nurse or doctor if your child has or ever had a kidney problem or kidney disease. (Check when done.)
- Tell your child's nurse or doctor if your child has ever had a reaction or allergy to a contrast agent used for any test, such as a CT scan, an MRI, or an IVP test. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, February 20, 2009 • DRAFT in family review
#93 • Written by Joyce Neimiec, RN • Illustrated by Dennis Swain



Name of Health Care Provider: _____ Number: 93
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN
Health Education Specialist
The Emily Center
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016

602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!