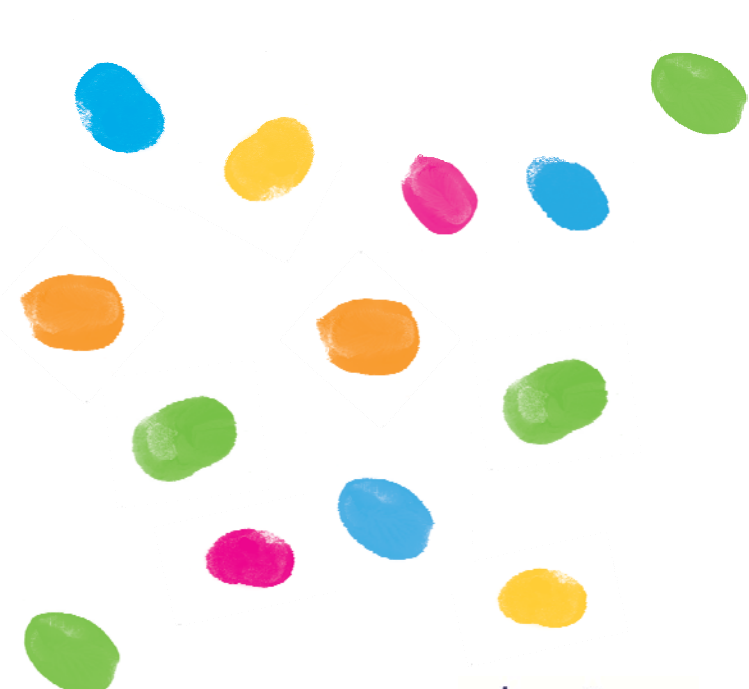




**Evelina
London**

Therapeutic and specialised play service

**Information to help prepare you
and your child for their CT scan.**



showing
we **Care**

Notes for parents

This leaflet will help prepare your child for their scan. We find that with preparation, children are less anxious, and able to cope better with hospital procedures. Please read this leaflet with your child before their scan. If you have any questions, or concerns about your child's scan, contact us (details at the end of this leaflet).

What is a computerised tomography (CT) scan?

A CT scan is a special camera which can take photographs of the inside of your body, it looks like a large doughnut and is open at both ends.

These are the radiographers next to the CT scanner. They take your photographs.



Why do I need one?

The doctors' use these photographs to help them to learn more about how your body works. Don't be afraid to ask a grown-up why you need the photographs.

What part of your body are we taking photos of?

If you are not sure, why not ask your parent or carer? Children have CT scans to take photos of their heads, hearts, fingers, toes or any other body part.

Before your scan

You may be asked to go to the children's ward or straight to the CT department. Your parent or carer will have the information in a letter.

Some children may need to have some special medicine through a cannula (small plastic tube) in their hand or arm to help get good photos. We can speak to you more about this on the day. We can even use a special cream or cold spray to help numb your skin first.

During your scan

You have one important job during your scan. To stay as still as you can - just like a statue! This will mean we can get good clear pictures of your body. Why don't you practice this at home?



The radiographer will ask you to lie on the bed. Sometimes they put a special seatbelt over your tummy to keep you safe. The bed moves up and into the tunnel. It moves in and out a couple of times. When the photos are being taken, the camera can sound like a washing machine, but it doesn't touch you. The special medicine might make you feel warm.

The scan takes about 5 minutes.

After your scan

Once the scan is finished, you can go home or back to the ward. The doctors will look at your photos and contact your parents with results. You will receive a letter, or come back to clinic.



Things that help

- Listening to music.
- Imagining you are in your favourite place.
- Bringing your favourite teddy or soft toy to keep your company during your scan (make sure they don't have metal in them as this can ruin the pictures).
- Counting in your head to 100, and then back down again.

Don't forget to ask the radiographer for a cool sticker before you leave!

Any questions?

If you have any questions, you can write them down here, and bring this leaflet with you on the day.

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Useful sources of information

National Association of Health Play Specialists

w: www.nahps.org.uk

For information on the importance of play in hospital and the role of the play specialist.

Healthcare play specialist education trust

w: www.hpset.org.uk

The registered body for healthcare play staff.

Action for Sick Children

w: www.actionforsickchildren.org

A children's healthcare charity, specially formed to ensure sick children always receive the highest standard of care possible.

Contact us

If you have any questions or concerns about therapeutic play, please call the hospital switchboard, **t:** 020 7188 7188 and ask for the bleep desk. Ask them to bleep a play specialist and wait for a response. This will connect you to one of our team. **e:** PlaySpecialists@gstt.nhs.uk
w: www.evelinalondon.nhs.uk/our-services/hospital/playspecialists

For more information leaflets on conditions, procedures and services offered at our hospitals, please visit,
w: www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday,
10am-5pm

e: letstalkmedicines@gstt.nhs.uk

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A list of sources is available on request



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