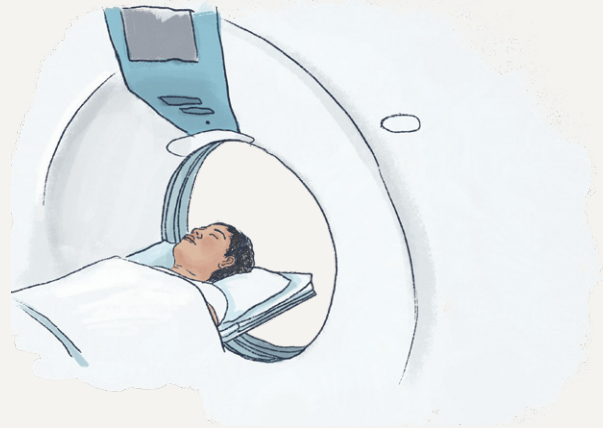


Procedural Anxiety

CT scan

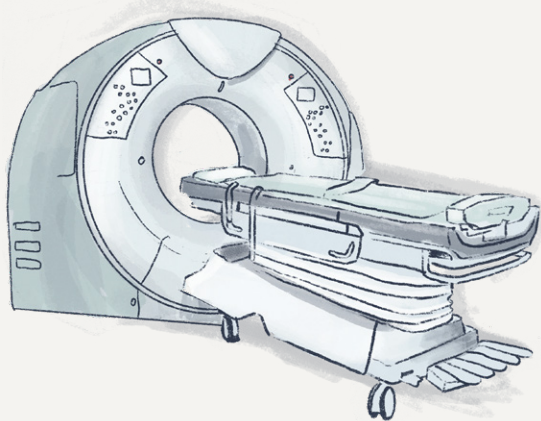


What is a CT scan?

A CT scan uses X-rays to take detailed images of the body.

This helps doctors work out how to look after you.



The scan will be performed by a **radiographer**.



The CT scanner looks like a polo mint inside the polo mint there is a camera and it makes noises.

The camera will rotate around a small section of your body as you pass through it and take some pictures.

How to prepare:

- On the day before the scan you can eat and drink as normal. On the morning of the scan you may be told to avoid eating and drinking. This includes no chewing gum or boiled sweets. 
- It is a good idea to wear loose clothing as you may be able to wear these during the scan.
- Try to avoid wearing jewellery or clothes containing metal, such as zips. 

Will it hurt?

The scan is quick and does not hurt.

What is it like?

During the scan, you might hear clicking noises.

What will happen after?

You shouldn't experience any after-effects. A radiologist will look at your images and send a report to your doctor.

Who will I meet?

You will meet the **radiographer**, who will perform the scan. They are a person who specialises in scans, and will look after you.



Step by Step

- You can bring a parent with you if you are feeling worried. Your parent can be with you up until your CT scan, but they will need to wait outside during the scan.
- You may need to wear special hospital clothes which are like comfy pyjamas.
- You will be asked to lie very still on your back on the scanning table. Depending on which part of your body is being scanned, you may lie in different positions.
- The table will move your body through the scanner so that it can scan your body parts and take some pictures.
- When we have enough pictures, we will slide the bed out of the scanner. You can get up and get dressed again, and go home or back to the ward.



For further support and information about your procedure

Please scan this QR code and it will take you to the Paediatric Psychology website.



Coping with nervous feelings

It is important to remember that it is normal to be scared or nervous before a procedure.

Here are some ways to distract yourself:

- Read a book
- Play a game
- Listen to music
- Talk to someone
- Imagine being somewhere nice



If you are really worried you can ask for support from a play specialist. They will be able to help you manage your nervous feelings and they will support you through your scan. It is really important to tell a trusted adult how you are feeling.

Here are some apps with helpful free content –



headspace



It can also be helpful to use strategies to help shift your attention outside of your body – you could try this exercise!

Try and name...



4 things you can see



3 things you can touch



2 things you can hear



1 good thing about you

ABUHB Paediatric Psychology Service

Contact:

ABB.PaediatricPsychology@wales.nhs.uk



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