

Paediatrics
Royal Brompton Hospital

Your child's CT scan

This leaflet aims to answer your questions about your child having a CT scan. Please ask a doctor or nurse if you have any questions.

What is a CT scan?

A CT (computed tomography) scan produces detailed images of inside the body. This includes internal organs, blood vessels and bones. The results of the scan are used to diagnose conditions, guide further tests or treatments if necessary and monitor conditions.

Preparing your child for a CT scan

Stopping eating and drinking before a CT scan

Please carefully follow the instructions in your admissions letter about whether your child needs to stop eating or drinking. These are called fasting instructions. It is very important to follow these instructions to ensure your child can have their planned CT scan.

Medicines

Please bring all your child's current medicines with you into hospital. Your child may be due to take medicine during the time when they should not be eating or drinking. Please check with the nurse before giving your child any medicine during this time.

Clothing and personal items

Certain items and clothes can cause problems with a CT scan.

Do not let your child wear these items on the day of the CT scan unless they can easily be removed:

- jewellery
- nail polish or false nails
- clothing that has zips, metal buttons or poppers
- clothing made with sparkly materials

When your child arrives at hospital

If your appointment letter says you need to come to the ward

- Contrast dyes are sometimes given to children having a CT scan. Contrast dyes make areas of the body show up more clearly and in greater detail on the scan. This improves the quality of our pictures.

If your child is having contrast dye, a doctor or nurse will put a cannula (a small plastic tube) into one of your child's veins so the contrast dye can be injected. The contrast dye will be injected on the ward by a doctor. A member of our play team can help too (see information about 'The play team' below).

- If your child needs sedation for the scan, your nurse will give it on the ward. As a parent or carer, you need to give consent (permission) before we give your child sedation. We will discuss the reasons for sedation and the risks involved before you give consent. If you have any questions or concerns, please ask us.

Your child will be closely monitored once sedation is given and throughout the scan. Your child will be closely monitored on return to the ward until they are fully awake.

Important

We always try to keep to your child's appointment time for a CT scan. However, occasionally there are delays or cancellations at short notice. This can be due to technical issues or for other reasons. If we need to cancel your child's appointment, we will try hard to rebook it as soon as possible.

The play team

You, your child and family may be offered support by members of our play team. The team consists of qualified health play specialists and play assistants. They are specially trained to use play to help children cope with any distressing experiences they may have while in hospital, such as blood tests or operations.

Members of our play team are available to help:

- prepare your child for procedures
- your child understand what will happen
- distract your child's attention while procedures are happening

What happens during the CT scan?

- If you are coming from a ward, a nurse and/or a play specialist will usually take you and your child to the imaging department.

- You will then be called to the scanning room where our radiographers will carry out the CT scan.
- Your child will have to lie very still for the scan. We can support you and your child with this.
- You are welcome to stay in the scanning room during the scan. If you do, we will ask you to wear a lead apron to protect you from radiation.
- If you are pregnant, you will not be allowed to stay in the scanning room during the CT scan. This is because the X-rays used in the CT scan could harm your unborn baby. Please bring another adult who can stay in the scanning room with your child.
- Depending on a child's capabilities, we may ask them to follow some simple breathing instructions. Different types of CT scan can be performed. Most scans take between 10 to 30 minutes.

After the scan

Scan without sedation

If your child has had a scan without sedation the cannula will be removed (if applicable). This will happen in the CT scan department or on the ward. Your child can usually then go home.

Scan with sedation

If your child has had sedation, your child will return to the ward. They will usually be able to go home around 4 hours after the scan.

See more information in the 'Your child's sedation' leaflet that we give you.

Scan results

A consultant radiologist will send a report about the results of the scan to your child's consultant. The consultant will discuss them with you at your child's next outpatient appointment.

More information

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit [web www.rbht.nhs.uk](http://www.rbht.nhs.uk)

Contact us

If you have any concerns about your child's CT scan, call the ward, **phone** 0330 12 82411, 7am to 9pm, or the main switchboard, **phone** 0330 128 8121, 24 hours a day.

If you cannot attend your appointment, contact our paediatric scheduling team **phone** 0330 12 88566 or 0330 12 82155

If your child has a cough, cold or high temperature in the 2 weeks before the procedure, **phone** Rose ward 0330 12 82411 or 0330 12 82412

If your child is unwell on the day of the procedure, contact the paediatric bed manager, **phone** 0330 12 82706

If you would like to contact the Play team before coming to hospital, please **email** PaediatricPlayTeam@rbht.nhs.uk

If you have any concerns from 24 hours after the procedure about your child's health, contact your child's specialist or GP surgery, or **phone** NHS 111

If you are concerned that your child is seriously unwell at any time, go to your nearest A&E or **phone** 999

Royal Brompton Hospital 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, Medicines Advisory Service **phone** 0330 12 88901 (Monday to Friday, 9am to 5pm)

Was this leaflet useful?

If you have any comments about this information, we'd be happy to hear from you. **email** healthcontent@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** www.111.nhs.uk

Become a member of the Trust

Members contribute to Guy's and St Thomas' NHS Foundation Trust on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it's up to you how you get involved. To find out more, **phone** 0800 731 0319 **email** members@gstt.nhs.uk or **web** www.guysandstthomas.nhs.uk/membership

Your comments and concerns

For advice, support or to raise a concern about any service or department at Royal Brompton and Harefield hospitals. Contact our Patient Advice and Liaison Service (PALS):

- Royal Brompton Hospital **phone** 020 7349 7715
- Harefield Hospital **phone** 01895 826 572

Or **email** pals@rbht.nhs.uk

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A list of sources is available on request