



I am Getting a CT Scan

[with contrast]



A note to caregivers:

This book was written for patients of different ages and language levels. Please use language your child is familiar with at home or when visiting a doctor.

Not all sections will apply to your child. Read this first and choose what information you think will be helpful.

This book will detail the steps of a CT scan **with contrast**. In this story we refer to CT scanner as a “circle camera”, IV as a “poke”, and contrast as “special water.” You can determine which language is best to use for your child.

Some children benefit from a reward after a CT scan. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., “First picture, then *[insert prize here]*”).

We recommend filling out the Autism Friendly Questionnaire in MyChart in preparation of your visit. Alternatively, you may fill out a paper copy and share it with your care team when you check-in. Paper copies can be found on our website.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative: autismfriendly@rchsd.org

Sincerely,

The RCHSD Autism Friendly Health System Initiative

I am going to the doctor to have a CT scan.

A CT scan is a special picture of the inside of my body.





First, we will park the car.

After we park the car, we will walk to the hospital.



I will check-in at the front desk.

The front desk will give me a bracelet to wear with my name on it.



Now I will wait until my name is called.

I can *[insert preferred activity here]* **while I wait.**



Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

When the tech calls my name, I will walk to a new room with my [caregiver].



**The tech might ask me to
change into hospital clothes.**

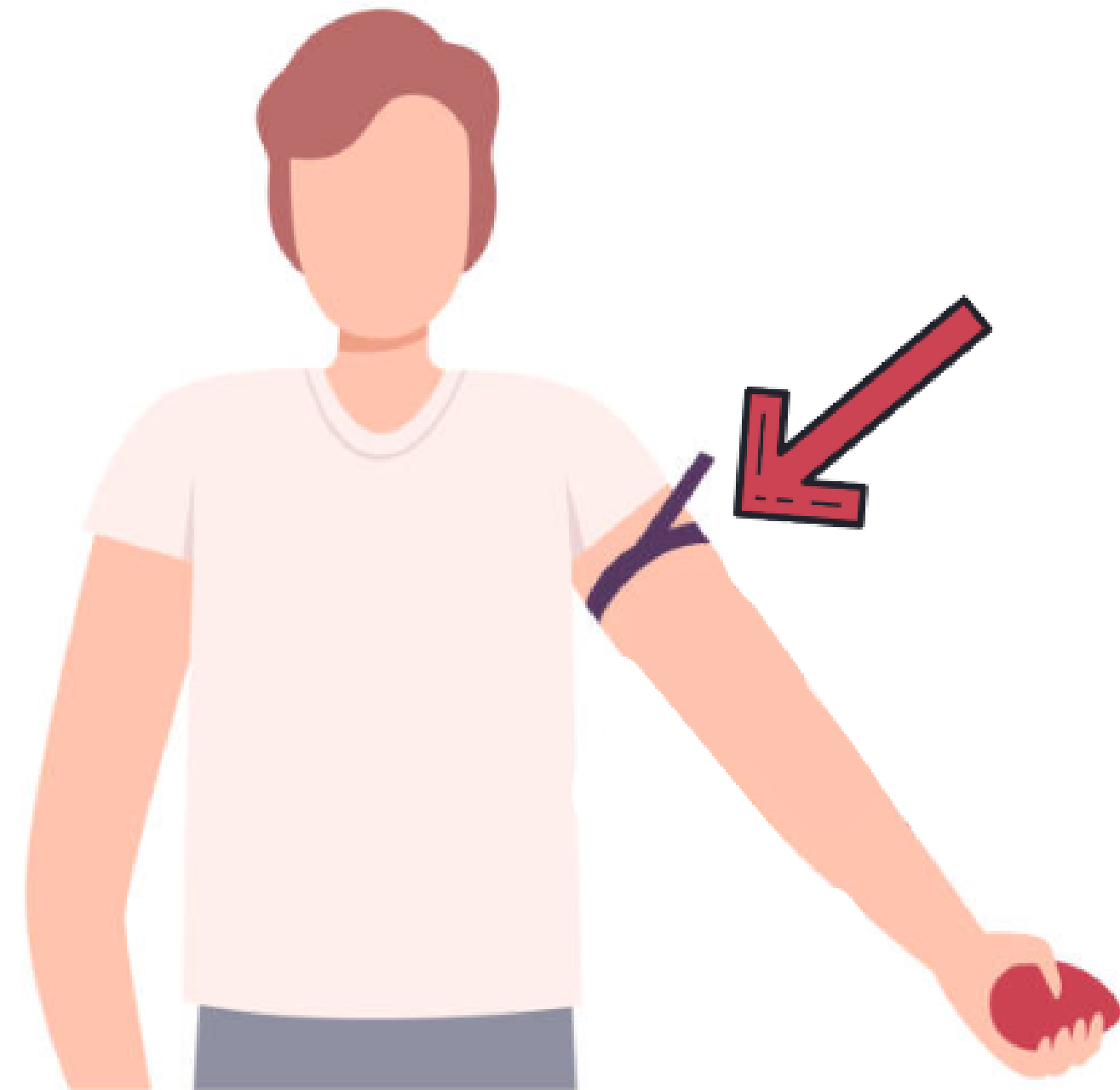


Now, I will get an IV.

The IV is a small, bendy tube that will give my body special water.

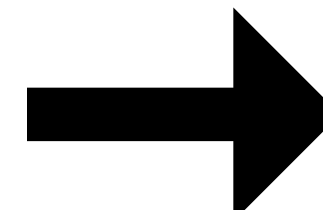
The nurse will put a big rubber band on my arm.

It will feel like a tight squeeze.



Next, the nurse will clean my arm.

It will feel cold and wet.



The IV will feel like a small poke.

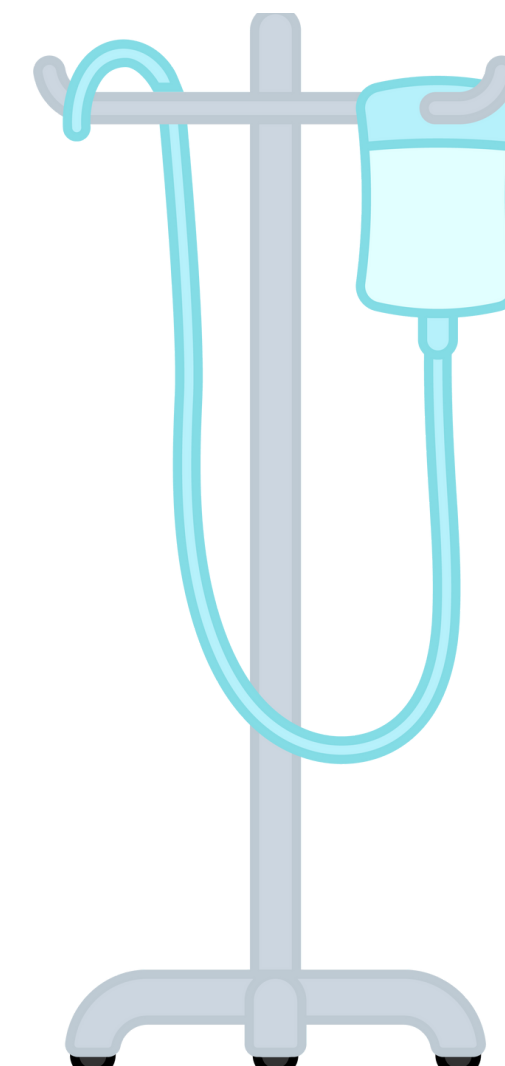
I will keep my body calm and still.

I will get tape on my arm to hold the bendy tube in place.



The bendy tube has a Lego piece on the end. This will connect to the Lego piece on the special water machine.

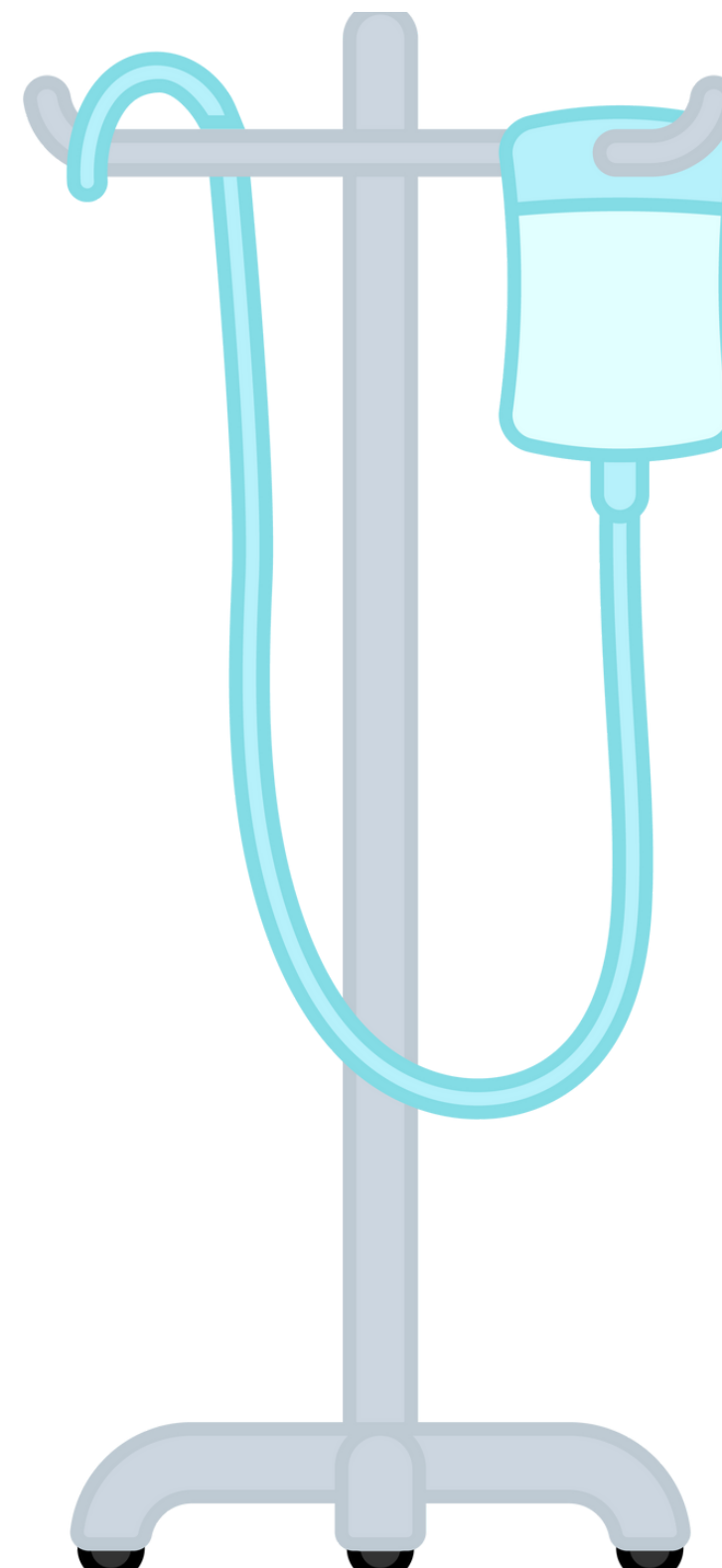
This does not hurt. There are no more pokes.



The special water will make my body feel warm and tingly.

It might feel like I swallowed some hot chocolate.

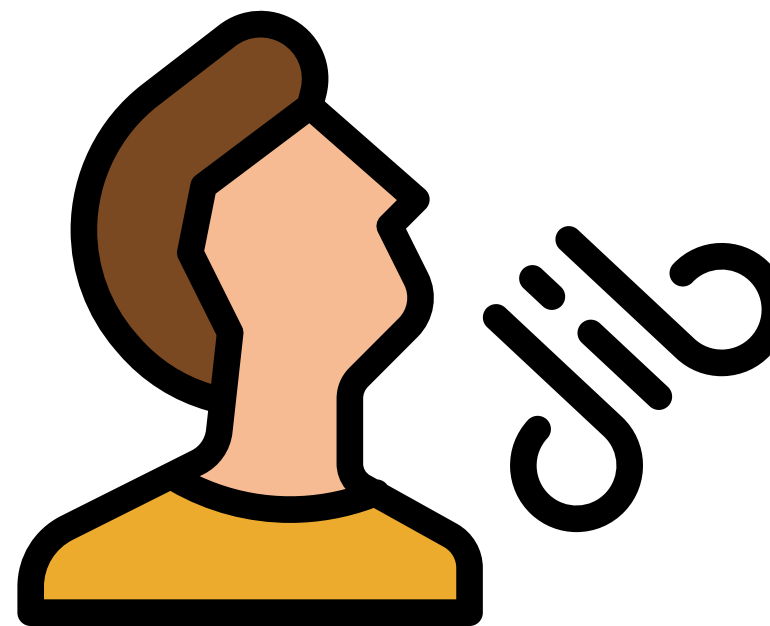
Or it might feel warm in my belly like I have to go pee.



It's ok to feel nervous.

If I am nervous, then I can take deep breaths or ask my [caregiver] to stay with me.

Note to caregivers: Your child may be able to hold a sensory or comfort item if they are able to stay still while doing so. Please work with your x-ray tech to determine what is feasible for your child's CT scan.

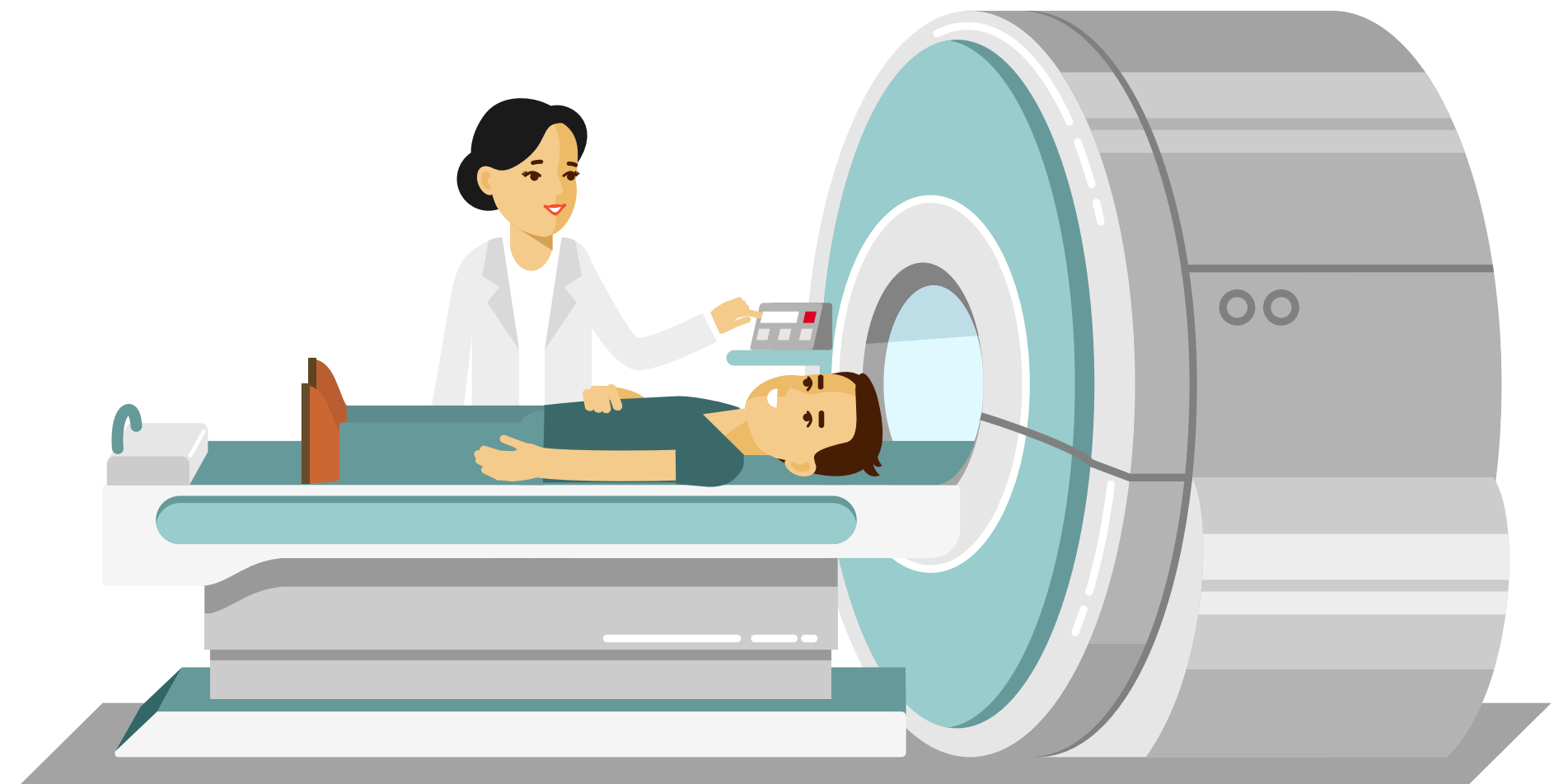


Now it's time for my picture.

I will lie down on the table. The tech might put seatbelts on my waist to keep me safe.

The bed will move in and out of the circle camera.

The camera will not touch me. It will not hurt.





I will stay very still.

The circle camera will make a humming/whooshing sound.

Some people say it sounds like a loud washing machine.

Note to caregivers: See QR codes at the end of this story to review video of CT scan.

The tech will tell me when I am all done with pictures.

The tech will take my seatbelt off and take out the bendy tube.

I kept my body calm and still!

Now it's time for *[insert reward here]*.



Note to caregivers: It may be helpful to identify a reward your child can earn after completing the CT scan.

The End

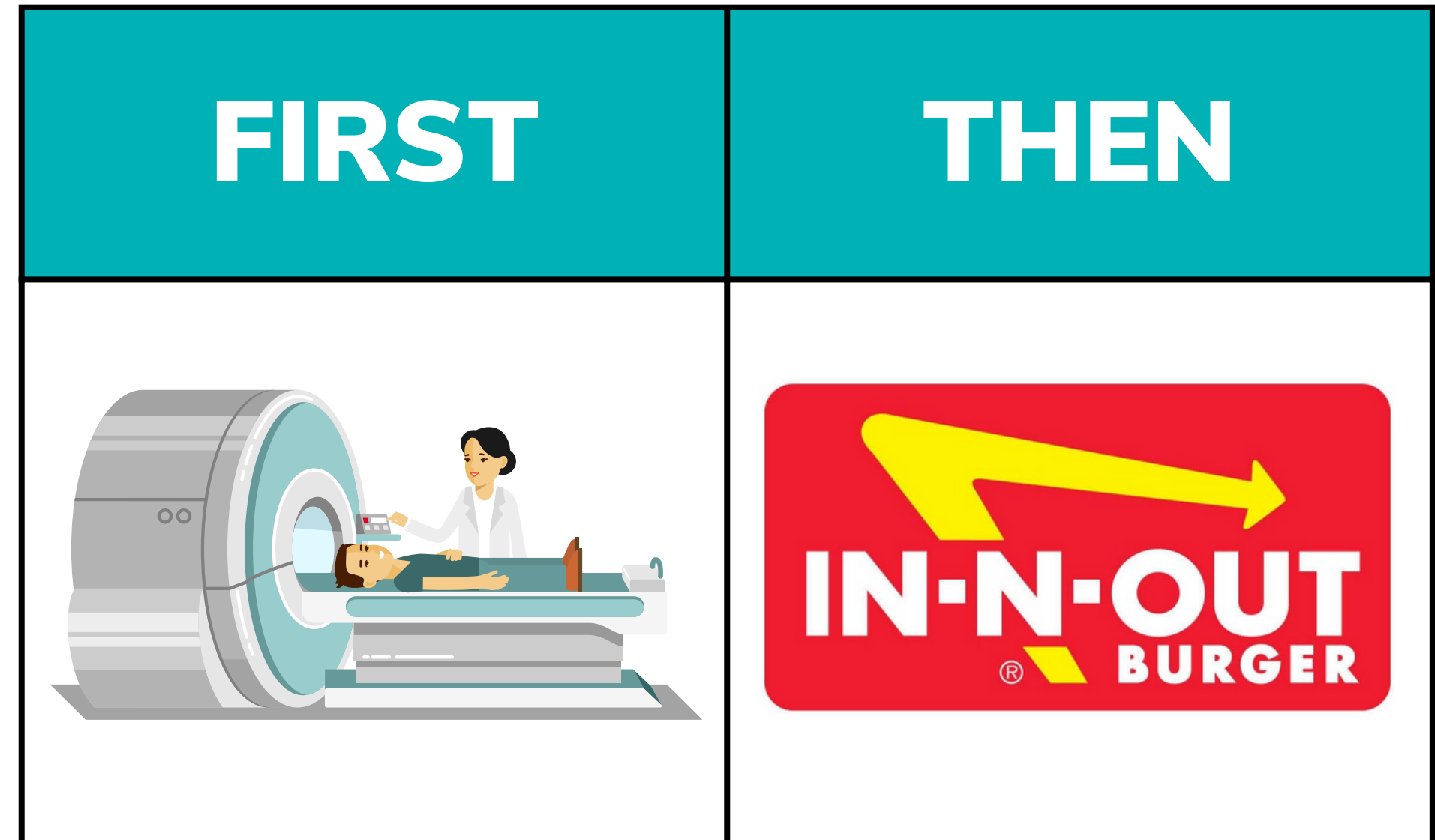
Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the visit.



Caregivers:

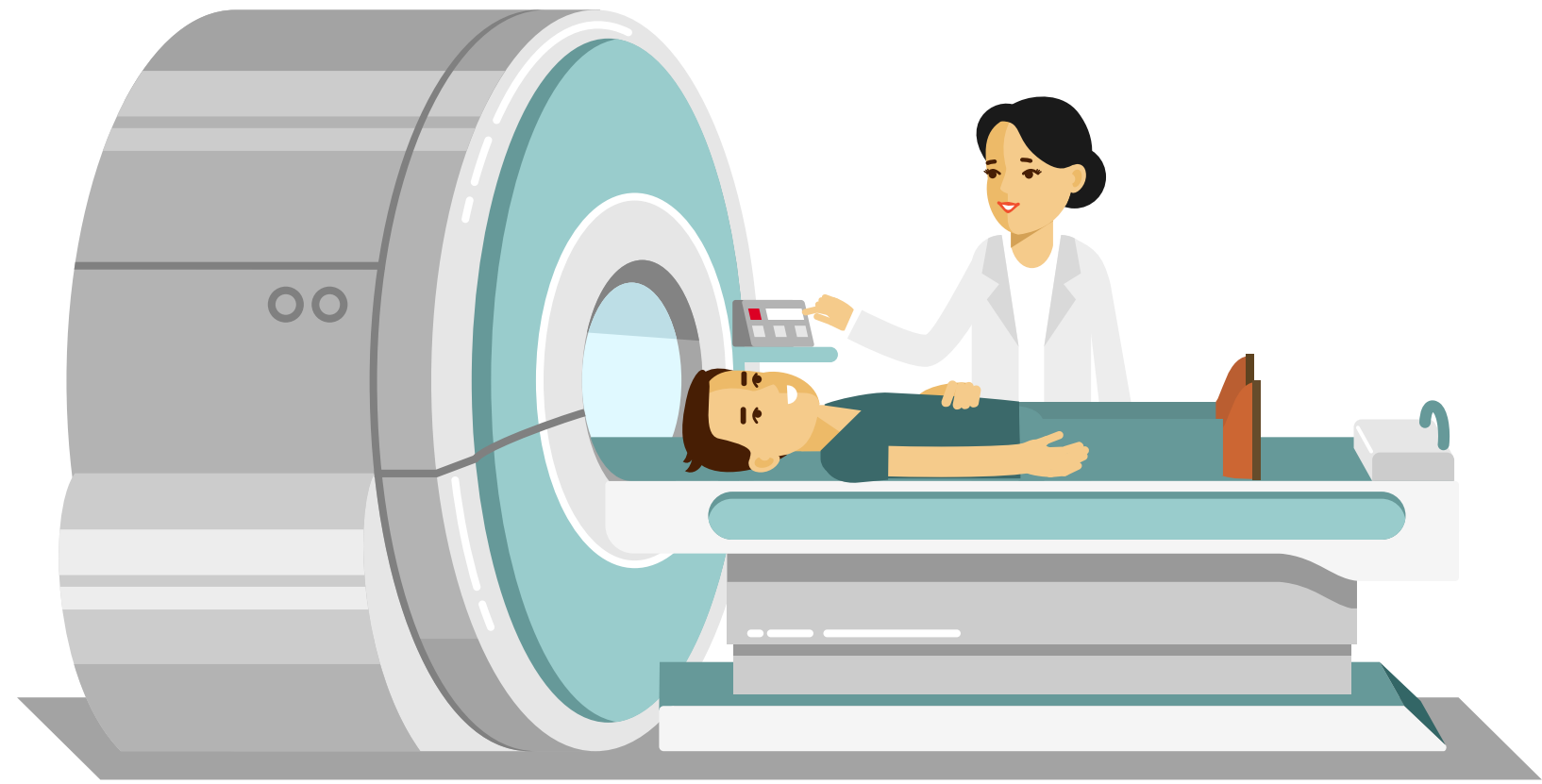
Here is a sample **“first-then”** visual if your child is earning a reward after a CT scan. Please use the template on the next page and add your own picture of the reward your child is earning under the word, **“then.”**

You can present this by saying,
“First take pictures, then In-n-Out.”



FIRST

THEN



“First take pictures, then _____.”



Reward Chart

A **reward chart** can help the child understand how they will earn their reward. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

□ □ □ □ □ □

= □



Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, the nurse will put a big rubber band on your arm. It will feel like a tight squeeze.

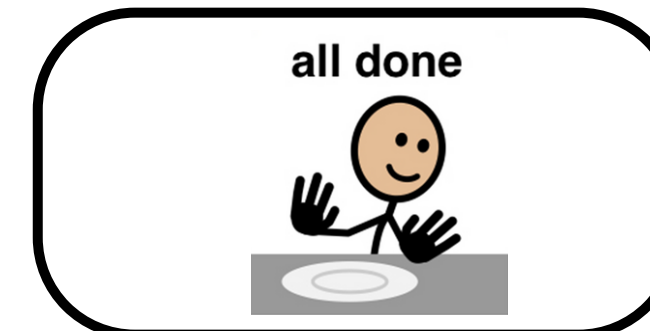
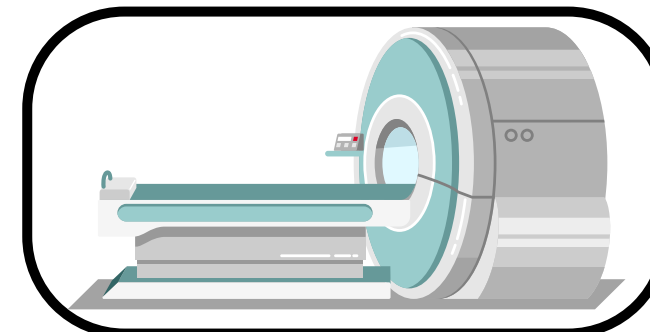
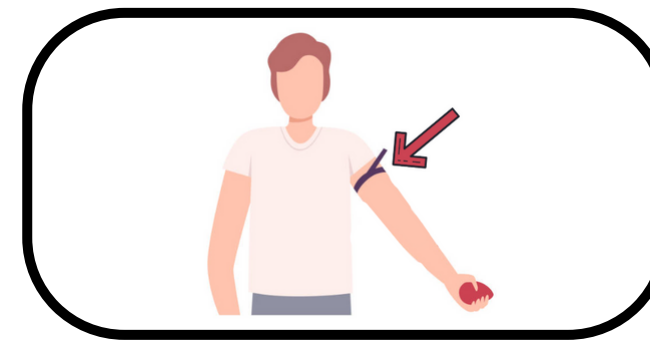
Next, the nurse will clean your arm. It will feel cold and wet.

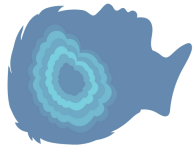
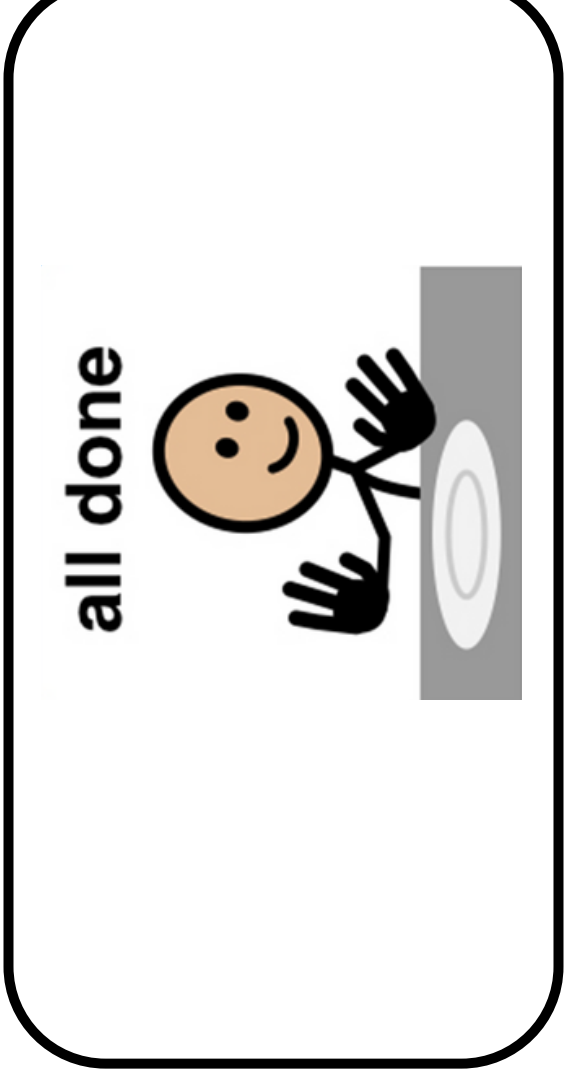
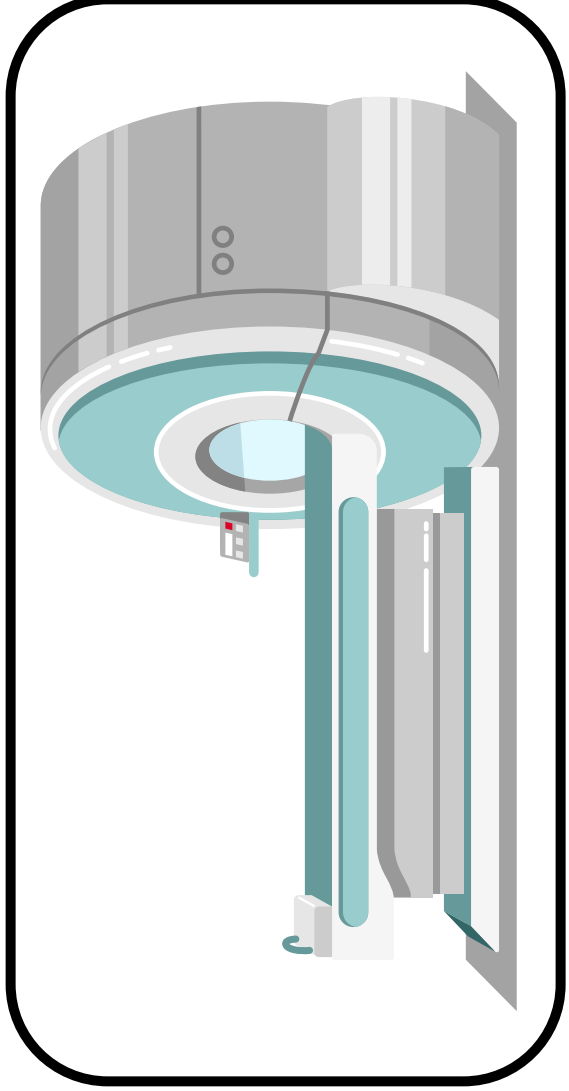
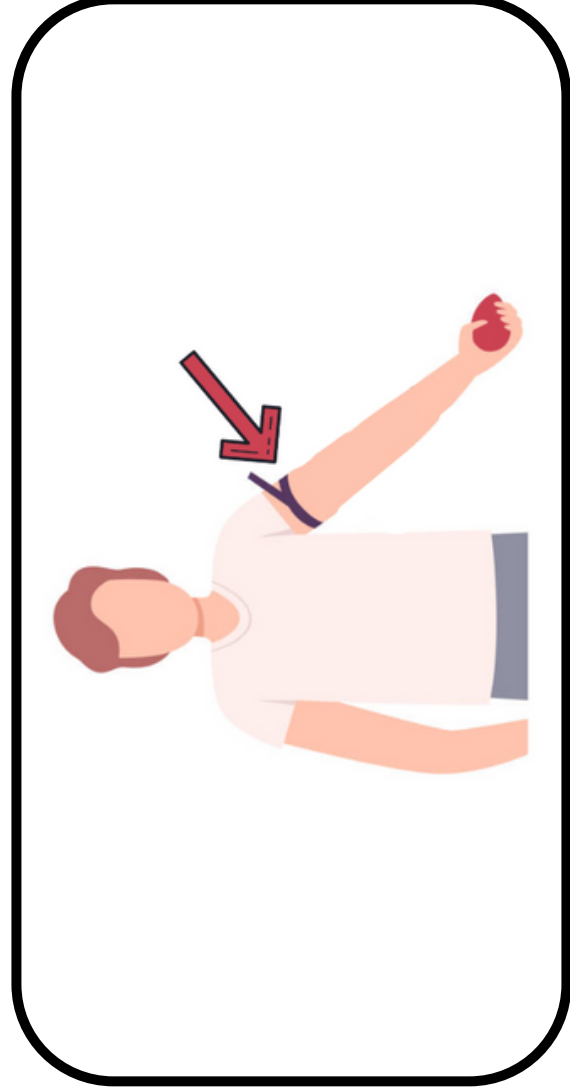
Next, you will feel a small poke or pinch. You will keep your body calm and still. You will get tape on your arm to hold the bendy tube in place.

Then, the bendy tube will connect to a special water machine. This does not hurt. The special water will make your body feel warm and tingly.

Now it's time for your picture. The bed will move in and out of the circle camera. The camera will not touch you. It will not hurt.

Then you will be all done and can *[insert reward here]*!





Caregivers: Some children benefit from video modeling/preparation before the CT Scan. Review the above videos by scanning the QR code to determine if reviewing the videos with your child would be beneficial.

