



I am getting a CT scan.



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. In this story we refer to a CT scanner as a “circle camera”. You can determine which language is best to use for your child.

Some children benefit from a reward after an 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 take picture, then *[insert prize here]*”).

We recommend filling out the Autism Friendly Questionnaire in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment.

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

Sincerely,

The RCHSD Autism Friendly Health System Initiative



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

A CT scanner is a special camera that takes pictures of the inside of my body.



First, we will park the car.

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



I am going to 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 the tech is ready to see me.

I can watch a movie or [insert preferred activity here].



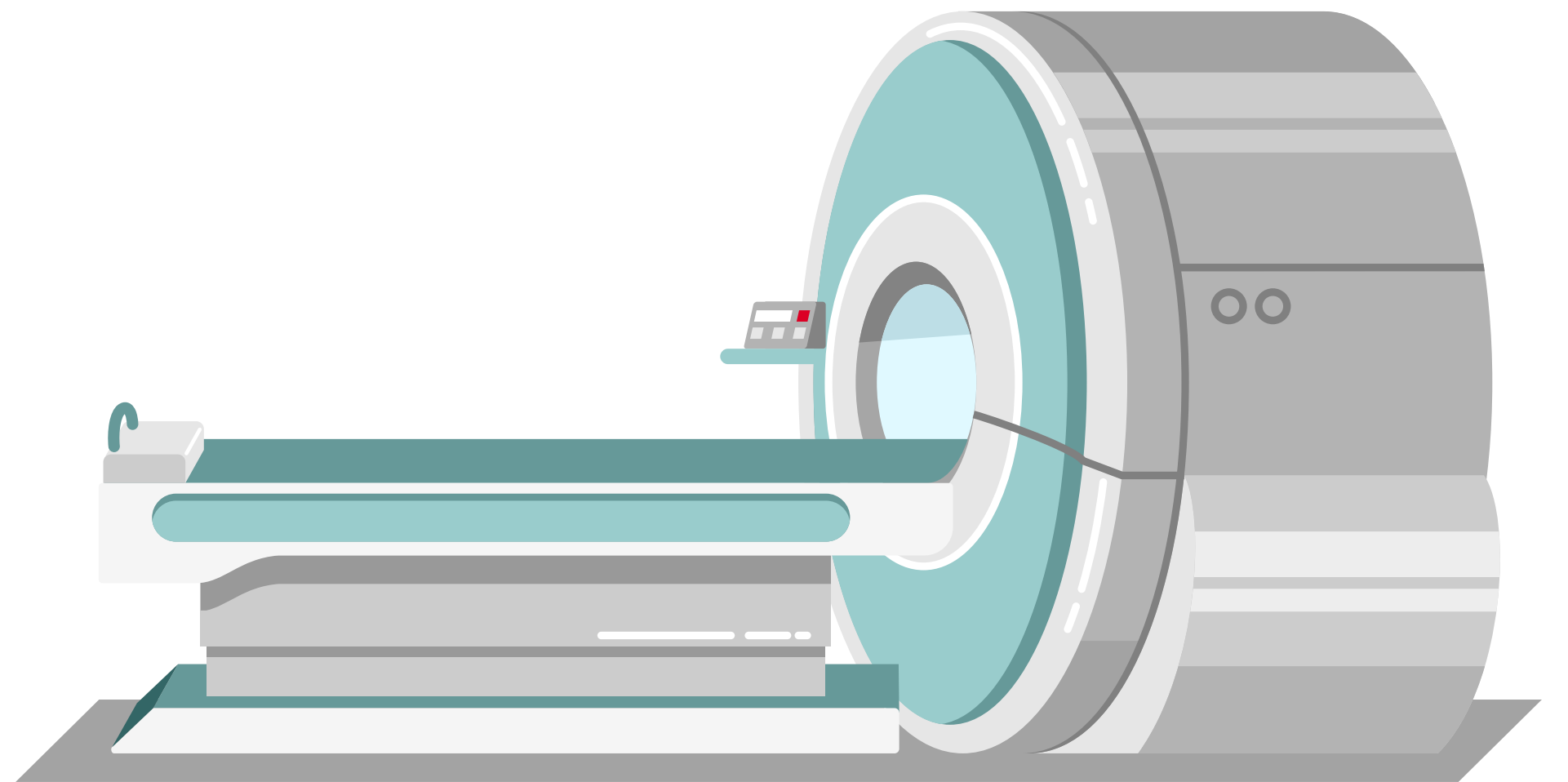
Caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

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

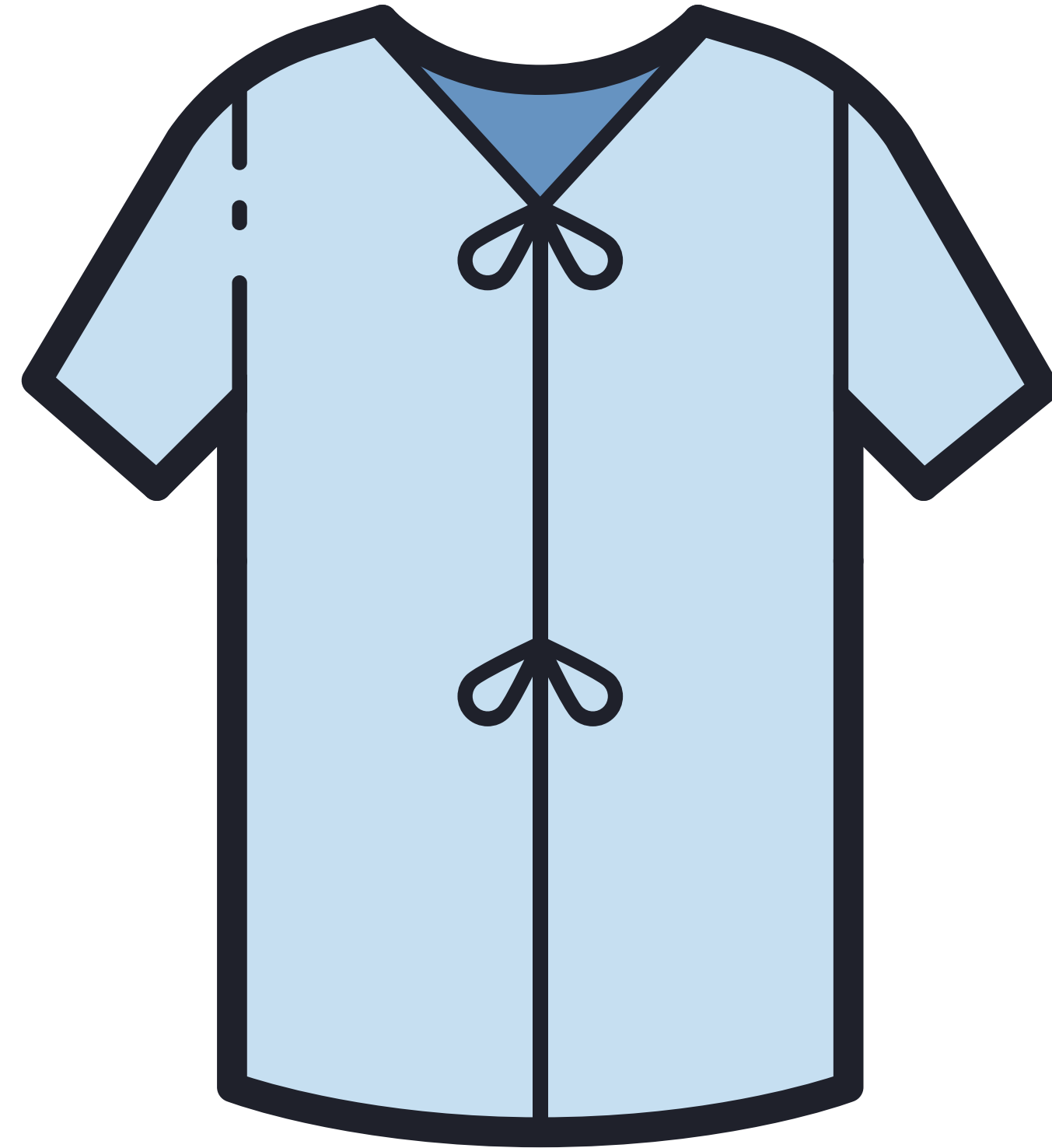


The new room will be a little dark.

It will have a table with a big circle camera.



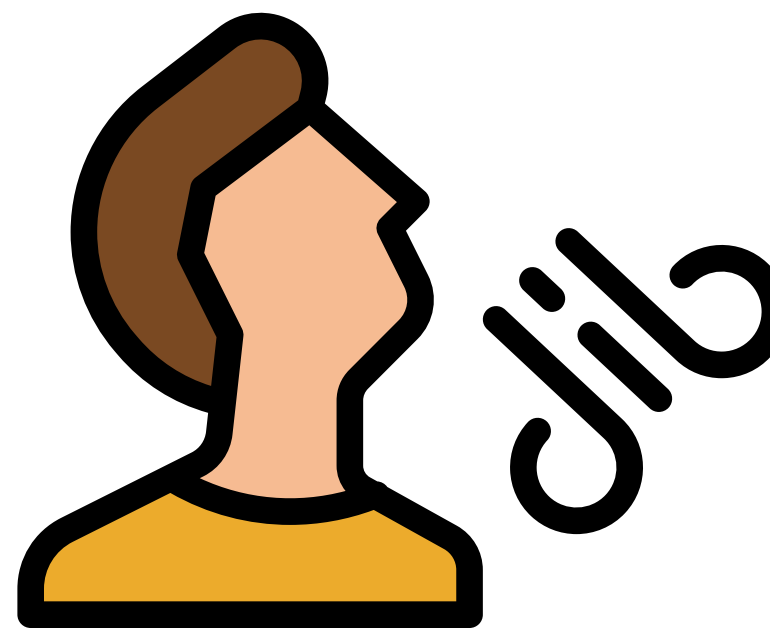
**The tech might ask me to
change into hospital clothes.**



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 or whooshing sound.

Some kids/teens say it sounds like a loud washing machine.



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

Now I can take my seatbelts off!

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

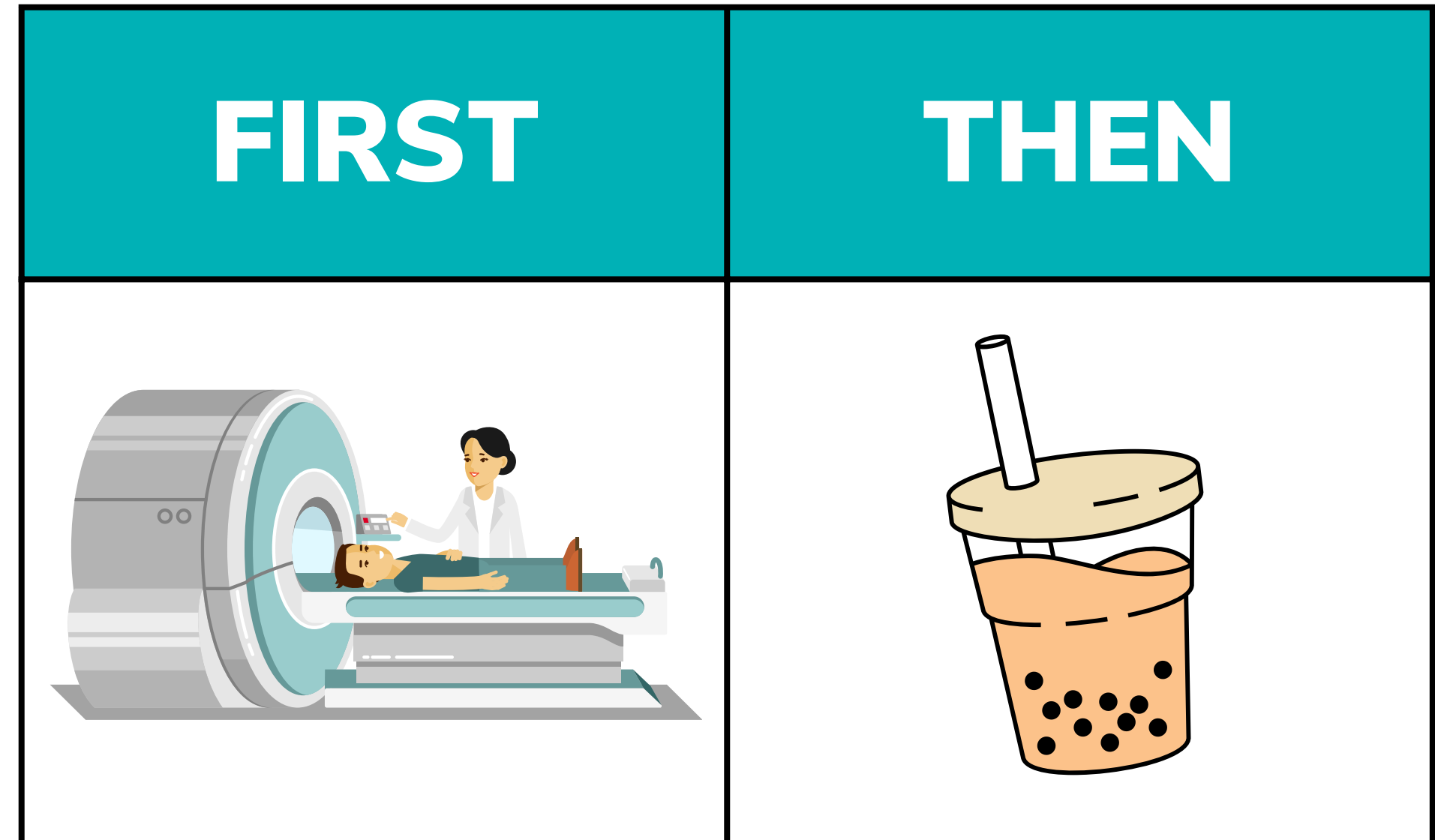
Note to caregivers: Please review the following pages for additional visuals to support and prepare for your child's CT scan.



Caregivers:

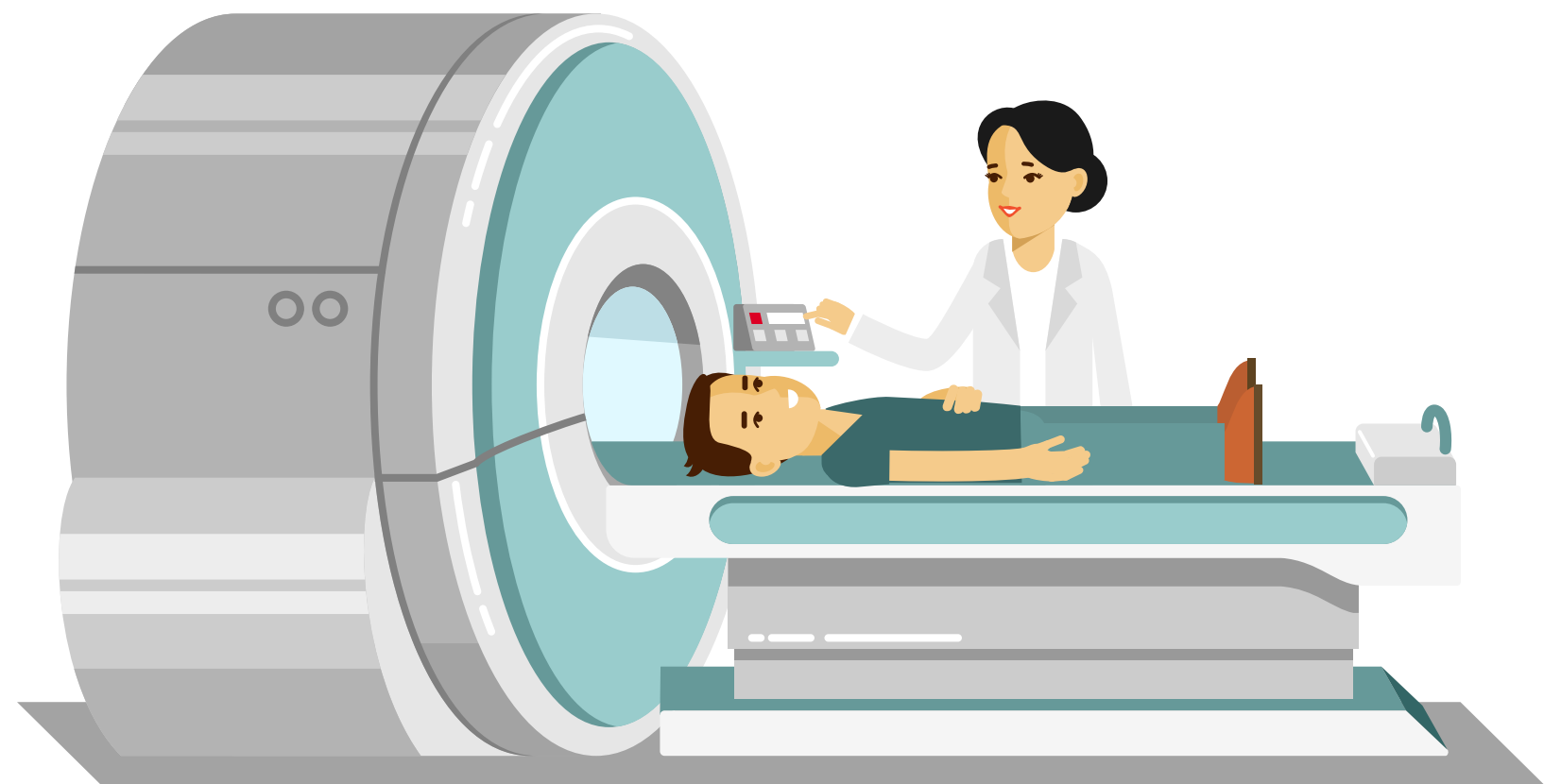
Here is a sample “**first-then**” visual if your child is earning a reward after the CT scan. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “**then.**”

You can present this by saying, “**First take pictures, then Boba.**”



FIRST

THEN



“First take pictures, then _____.”



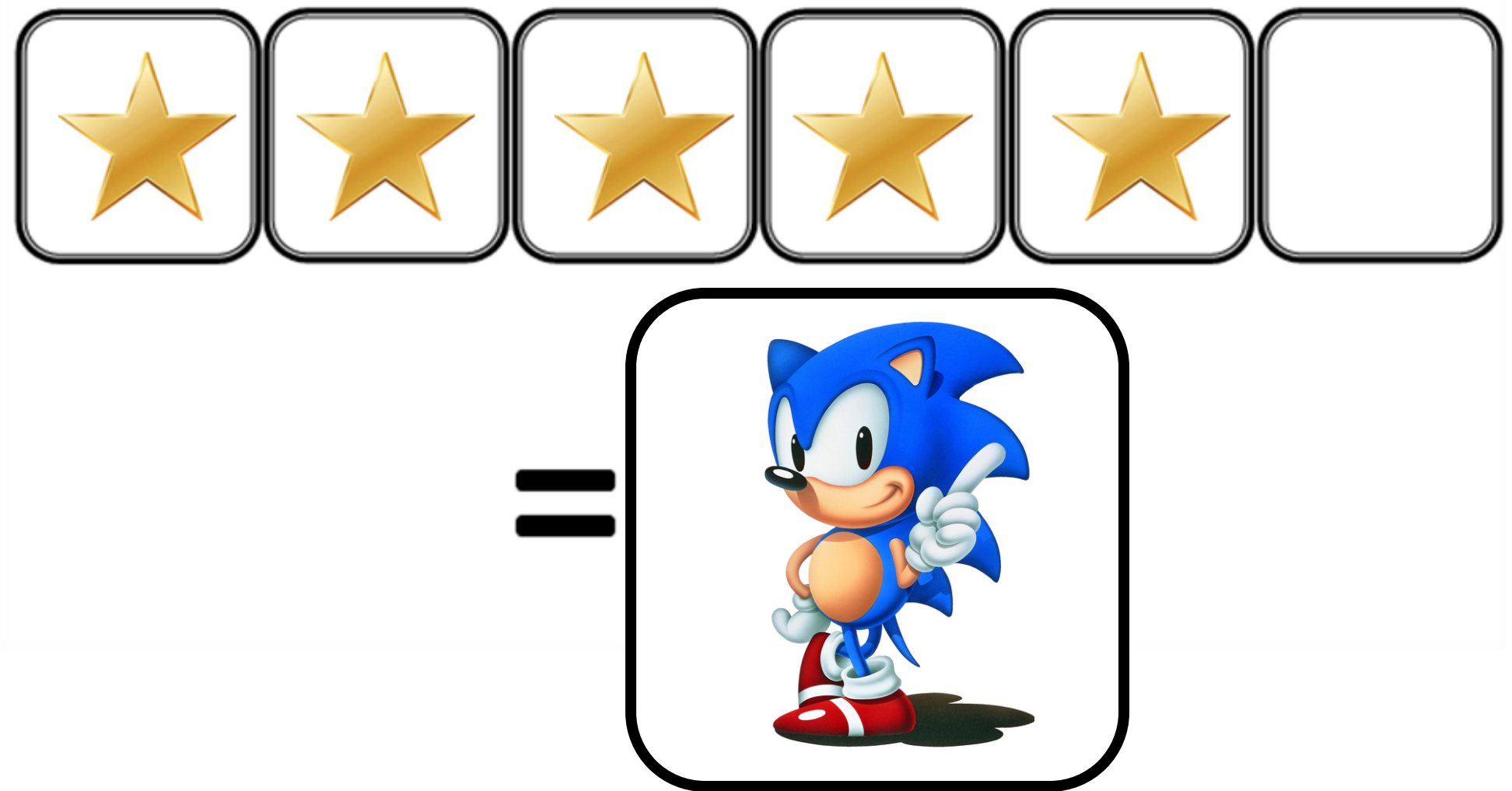
Reward Chart

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

□ □ □ □ □ □

= □



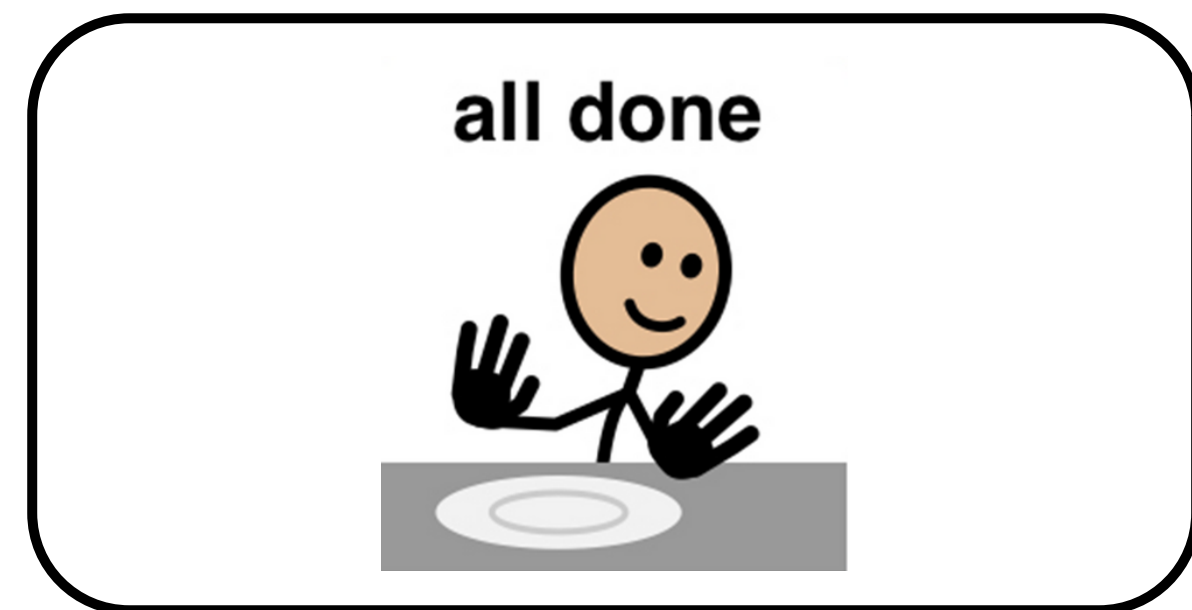
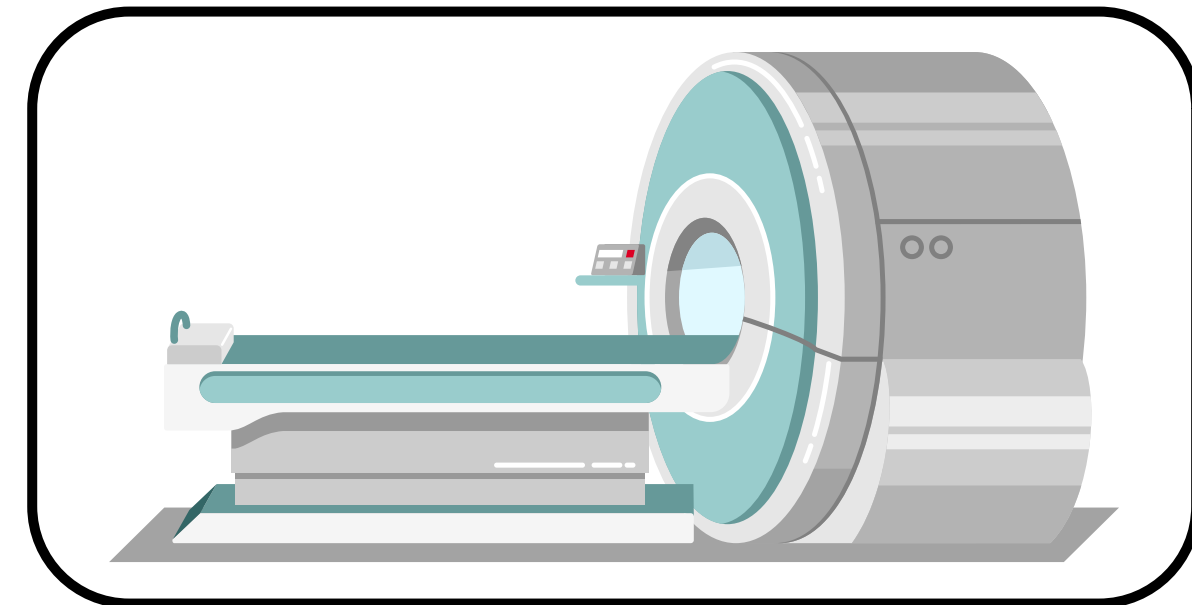
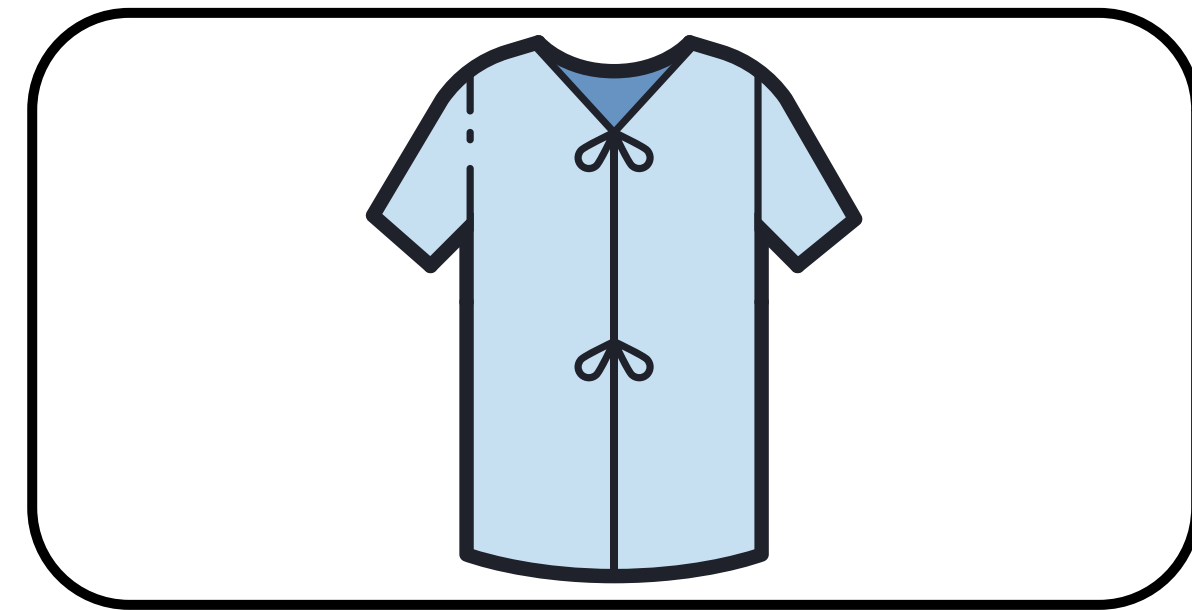
Visual Schedules

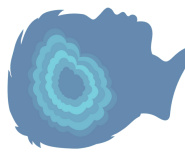
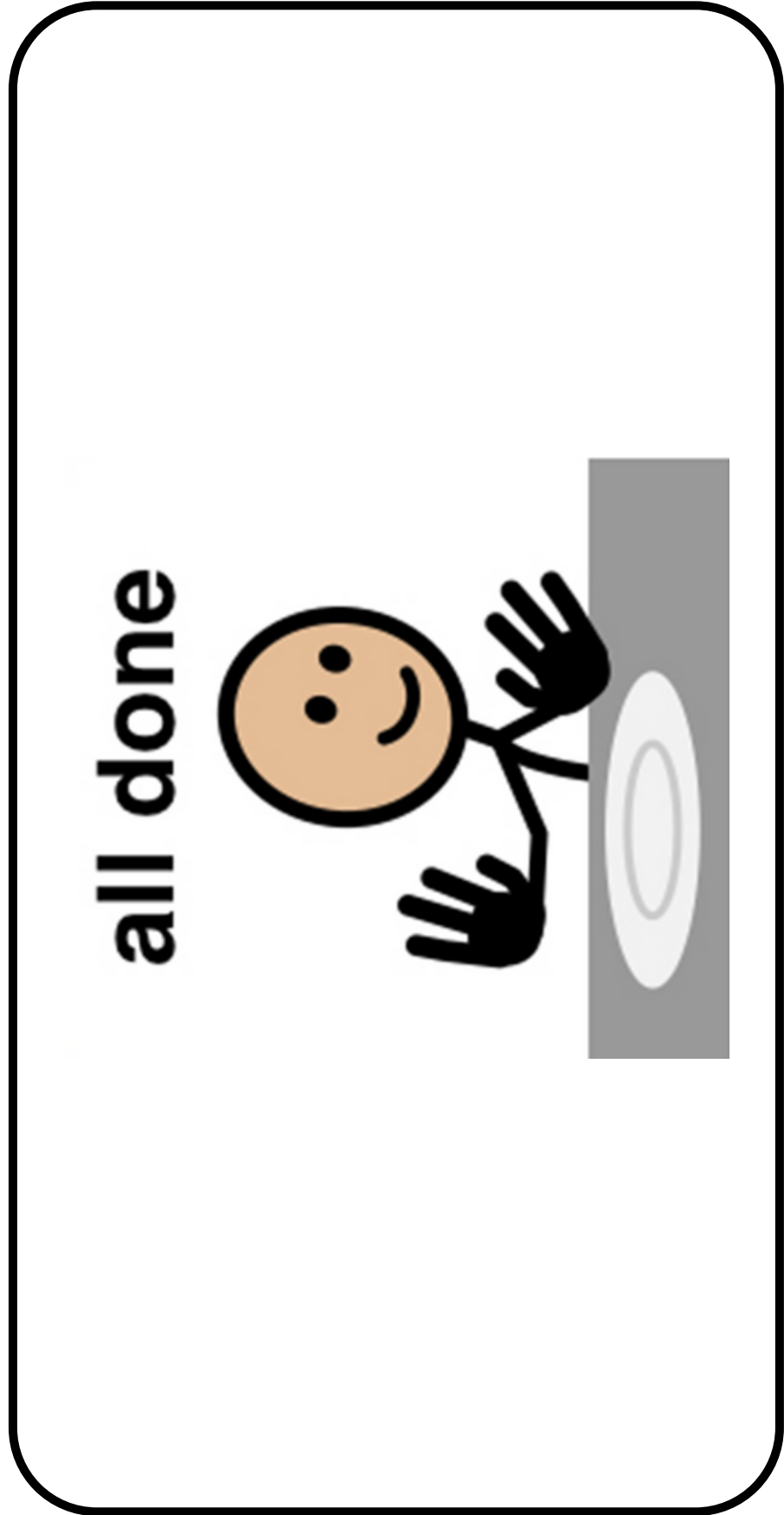
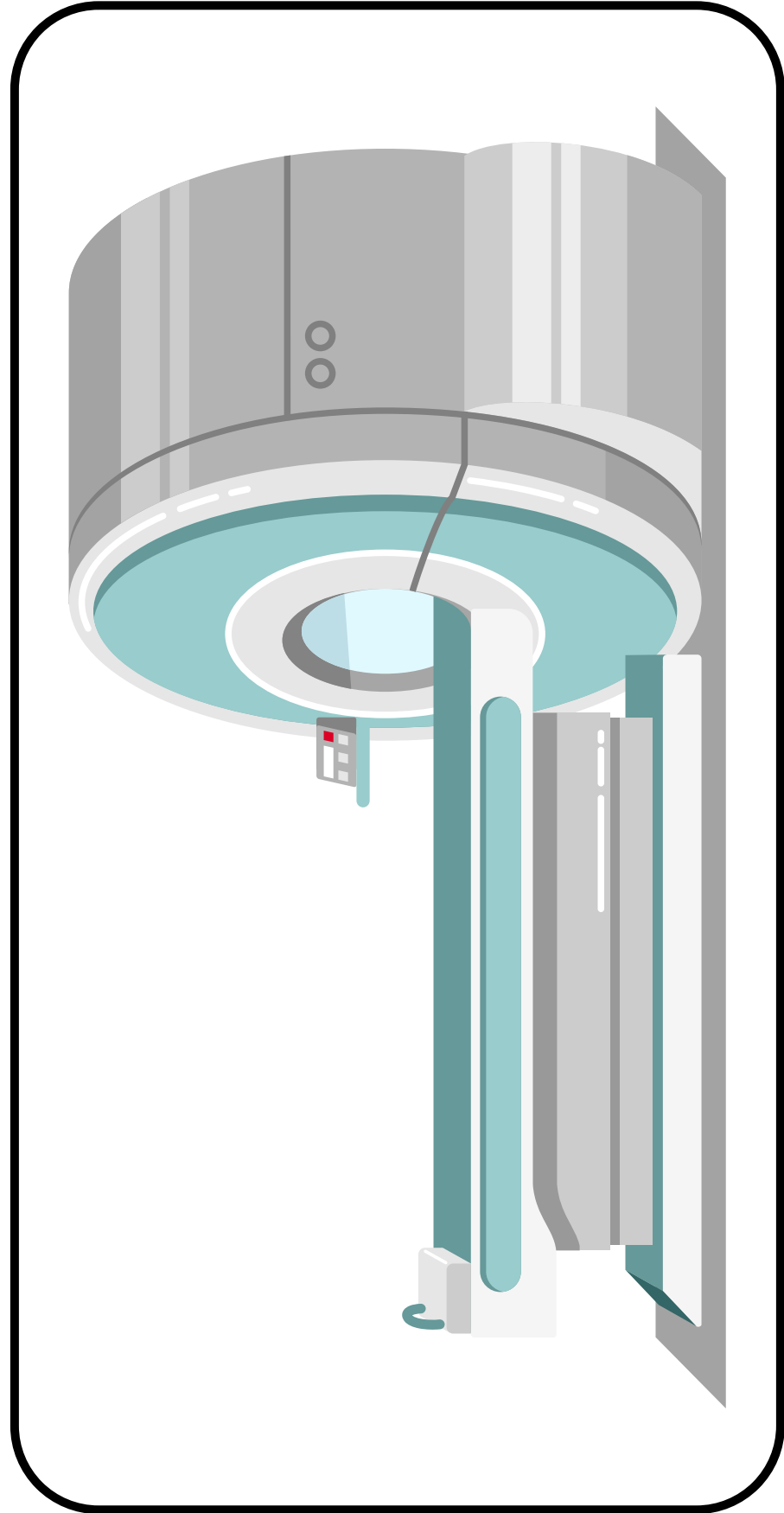
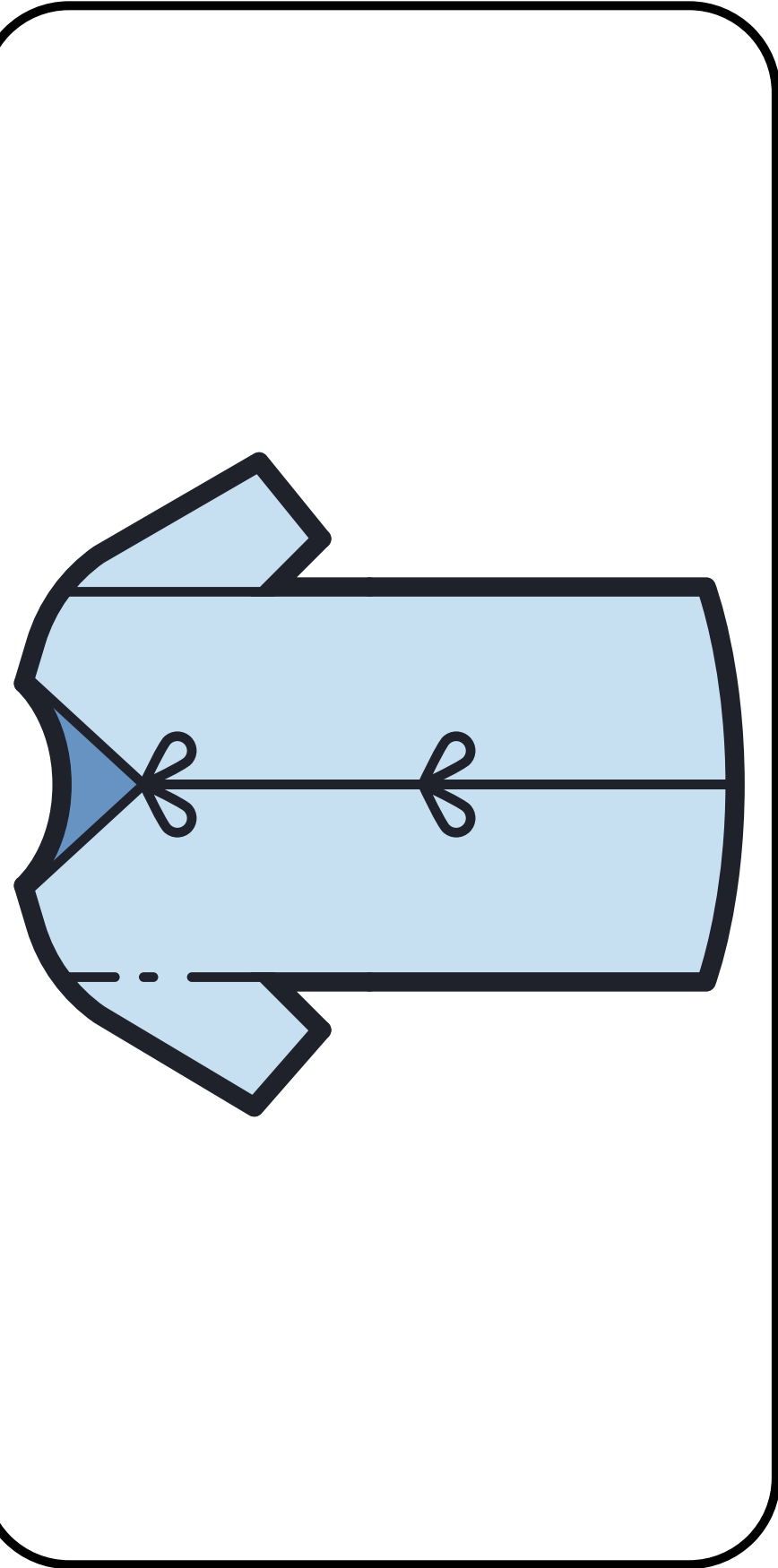
If your child benefits from the use of **visual schedules**, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, you will change into hospital clothes.

Next, 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. You will keep your body very still.

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.

