

Admission information for your child's CT Scan

Patient information

This information sheet explains what sedation is and how this medicine is used during procedures. Please ask a doctor or nurse if you have any questions.

Before your child comes to hospital

When should my child stop eating and drinking before their CT scan?

Details of this can be found on your child's appointment letter, please follow these instructions closely. If you do not follow these instructions your child may not be able to have their planned scan.

Should my child take their usual medicines on the day of CT scan?

Please bring all your child's current medicines with you into hospital. If your child is due medicine during the time when they should not be eating or drinking, please check with the nurse whether they should or should not take their medications.

Should my child take their usual medicines on the day of CT scan?

Your child will not be allowed to wear jewellery, nail polish or false nails during their planned test. Please remember to remove these items before they arrive at the hospital. Certain clothes can cause problems with the images, please do not let your child wear sparkly clothes, zips, metal buttons/poppers.

When your child arrives at hospital

What happens when we arrive on the ward?

- It is really important that you arrive on time. If you are late it may mean that your child is likely to have to wait longer to be seen and may not be able to have their scan.
- Prepare to be at the hospital for the day, hopefully this is not required, and everything goes smoothly. Sometimes there may be emergencies where a sick patient may take priority, or your child's scan did not go to plan. In this circumstance, the medical team may try and fit you in to another slot rather than bring you back on another day.
- Your child will be seen by the medical and nursing team before the scan. This is needed so the team can check that your child is well enough for their scan and to answer any questions you may have.

- Some CT scans need Xray contrast (an injectable dye to get better images), this will require a cannula to be placed. This will be done on the ward by a doctor. If you would like a Play Specialist to assist with this, please inform your nurse.
- If your child requires sedation for the scan, this will be given by your nurse on the ward. Your child will be closely monitored once this is given and throughout the scan. Your child will be closely monitored on your return to the ward until he/she is fully awake.

Other important information

Could my child's planned procedure be cancelled?

On rare occasions, we may have to delay or cancel your child's CT scan at late notice.

We try really hard to avoid cancelling planned tests but if this happens, we will work hard to book your child the next available planned test time that is convenient for you.

Will food be provided?

When your child is able to eat after their scan, food will be provided. Please ask your nurse for a menu.

Notes for parents

This leaflet will help prepare you for your child's 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.

The Paediatric Play team are available to help prepare your child at a level that is appropriate for their understanding. They can also support them during the scan, using a range of techniques and aids to help make the process as positive as possible.

If you have any questions, or concerns about your child's scan, contact us (details at the end of this leaflet).

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

During a procedure

During a procedure staff check your child's breathing. They use a small device called a pulse oximeter placed on your child's finger or toe. The pulse oximeter measures the

oxygen level (oxygen saturation) of blood in the body.

All medical procedures carry some risk. Sometimes there are complications during procedures.

For example, your child may feel sick, become too sleepy and need extra oxygen through a mask or breathing tube. Or sedation may not work properly, and extra medicine or treatment is needed.

Very rarely, your child may breathe sick (vomit) into the lungs (aspiration) while sedated. Staff will treat your child if this happens.

After a procedure

After a procedure, we will monitor your child's heart rate (pulse) and oxygen level until he or she is fully awake.

Your child may feel drowsy, confused, irritable or be more clumsy than usual after a procedure. This is normal for up 4 hours after a procedure.

After a procedure, your child will have:

- a pulse oximeter attached to a finger or toe which measures the oxygen level (oxygen saturation) of blood in the body
- a blood pressure cuff placed around an upper arm or lower leg. The cuff is linked to a device that measures blood pressure – the strength with which blood flows around the body

It is important that your child stays in bed until a doctor or nurse says it is okay to:

- move about
- eat and drink

Before going home it is very important that your child:

- is fully awake
- can walk unaided (and does usually)
- has something to eat and drink without being sick (vomiting)
- and had a pee

The cannula is then removed. Your child will usually be able go home around 4 hours after a procedure.

Care at home

When you get home:

- keep a close eye on your child
- supervise all play and bathing for 24 hours
- do not let your child swim or use play equipment (bikes or monkey bars, for example) that may cause an accident

Get medical help

Phone 111 if your child is:

- sick (vomits) more than twice
- drowsy, dizzy or feels generally unwell

Phone 999 and ask for an ambulance immediately if your child:

- cannot sit or walk (and does usually)
- is having breathing problems
- will not wake up

Useful contacts

Rose ward

Phone: 0330 128 2411 or 2412 (ask to speak to the nurse in charge)

Paediatric bed management team

Phone: 0330 128 2706

If you need help or advice about any service or department at our hospitals, and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 020 7349 7715 or email pals@rbht.nhs.uk. This is a confidential service.
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