



**I AM GOING TO CHILDREN'S MINNESOTA
TO HAVE A CARDIAC CT SCAN.**

Children's
MINNESOTA



The Children's
Heart Clinic



A cardiac CT scan is a special X-ray scan that will help my doctor learn more about my heart and the blood vessels that go to and from it. Kids of all ages get CT scans. The scan doesn't hurt and is really fast. This book talks about the different steps I will do to get my CT scan.

The day before my CT scan, I don't eat or drink anything with caffeine, like coffee, soda or chocolate.

On the day of my test, I can take my usual morning medicines with a little bit of water. I'll get up early to have a small breakfast, then I'll need to stop all foods and liquids three hours before my scan.





When it's time for my appointment, I will go to Children's Minnesota with a family member. When we get there, we will check in at the Welcome Desk.

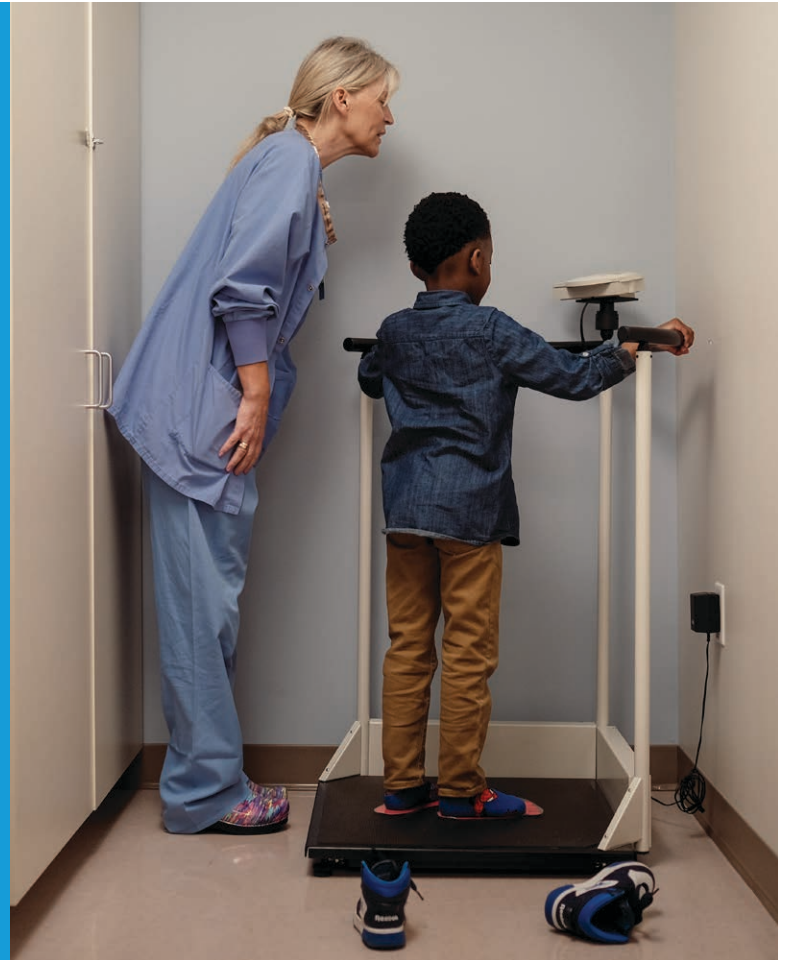
We will meet a nurse who will help me get ready for my CT scan. My nurse will tell me about my CT scan and I'll be able to ask questions.





The nurse will take me to the 4th floor of the hospital. Then, we'll enter an area called 'PAR4' which is really colorful and has cartoons on the walls!

I will stand on a scale to see
how much I weigh.





I will also stand next to the wall to see how tall I am. A measuring stick will gently touch the top of my head as I stand still.

My nurse will take my family member and me to the room where I will finish getting ready for my CT scan. I can bring things from home to use while I wait for my scan, like my favorite stuffed animal, special toy, book or a tablet.





I will get a name bracelet to wear around my wrist or ankle. This bracelet helps the CT scan technician know important information about me.

Next, I will change into a gown that I will wear for the CT scan.





My nurse will listen to my heart and my breathing with a stethoscope.

My nurse will put a cuff around my arm, and it will squeeze my arm for a few seconds to check my blood pressure and count my heartbeat.
My job is to hold still.





My nurse will place an IV line in my arm or leg. An IV line is a small plastic tube that goes into a vein. It looks like a tiny straw.

My nurse puts a big blue rubber band around my arm, which gives my arm a hug. This helps my nurse see my veins better, which are the blue lines under my skin.



Next, my nurse cleans my skin with a small wipe which feels a little cold and wet. They might use a special spray or lotion to numb my skin, too. Numbing means that I won't be able to feel this area of skin very well, which helps me not feel a pinch when the IV goes in. The numbing spray makes a funny loud sound and doesn't hurt. It will take a few minutes before my skin is numb.





Depending on if I had numbing medicine, I may feel a quick pinch as a tiny needle is used to help the straw go into my vein. Once the little plastic straw is in my vein, the needle is taken out. My nurse will put a special clear bandage on top of the IV to hold it in place. I can look at toys, books, a TV or tablet if I don't want to watch. Sometimes, I like to sing my favorite song or spell silly words out loud.



Sometimes my doctor needs my heart to beat a little slower during my CT scan, which will help the X-ray pictures see tiny vessels near my heart. I can take medicine before my test, which is a small pill that I swallow with water. I don't feel any different after taking the medicine.

My nurse will give me a ride in a wheelchair to go to the CT scanner. My family member can walk with me to the room with the scanner, and they will wait for me in an area right next door so that they will be nearby the whole time.





The CT scanner looks like a large, open, doughnut-shaped tube. It has fun lights around it, and I can even choose my favorite color! I will meet the CT tech who will be taking the pictures of my heart. They will talk to me during the whole test and I can ask questions.



I will lay down on the scanner's special bed. The bed will move me in and out of the doughnut hole in the scanner, so the CT tech will put a big seat belt around my tummy or legs.



The CT tech might place small stickers on my chest and arms to count my heartbeat.



Next, the CT tech will ask me to put my arms above my head like a big stretch. This keeps my arms out of the way of my heart for the pictures. We will also practice taking a small breath in and holding it for a few seconds.

The CT tech will hook up my IV to a special machine called an injector. They will test my IV by putting a small amount of saline (like water) into it, which can feel cold. The cold feeling might surprise me a little, but it won't hurt.





The moving bed will bring me in and out of the scanner. The special machine hooked up to my IV will give me medicine called contrast. My body will start to feel warm, and it sometimes will even feel like I peed in my pants! The CT tech will tell me when to hold my breath for the scanner to take pictures of my heart—usually one or two times.



The CT tech will step out into a small room while they take pictures of my heart. My nurse and a doctor will be there in the small room, too. They can see and hear me through a camera the whole time and will keep talking to me. This is what it looks like from inside the scanner.

I will only be in the scanner room for about 15 minutes, then my nurse will take me and my family member back to my room.

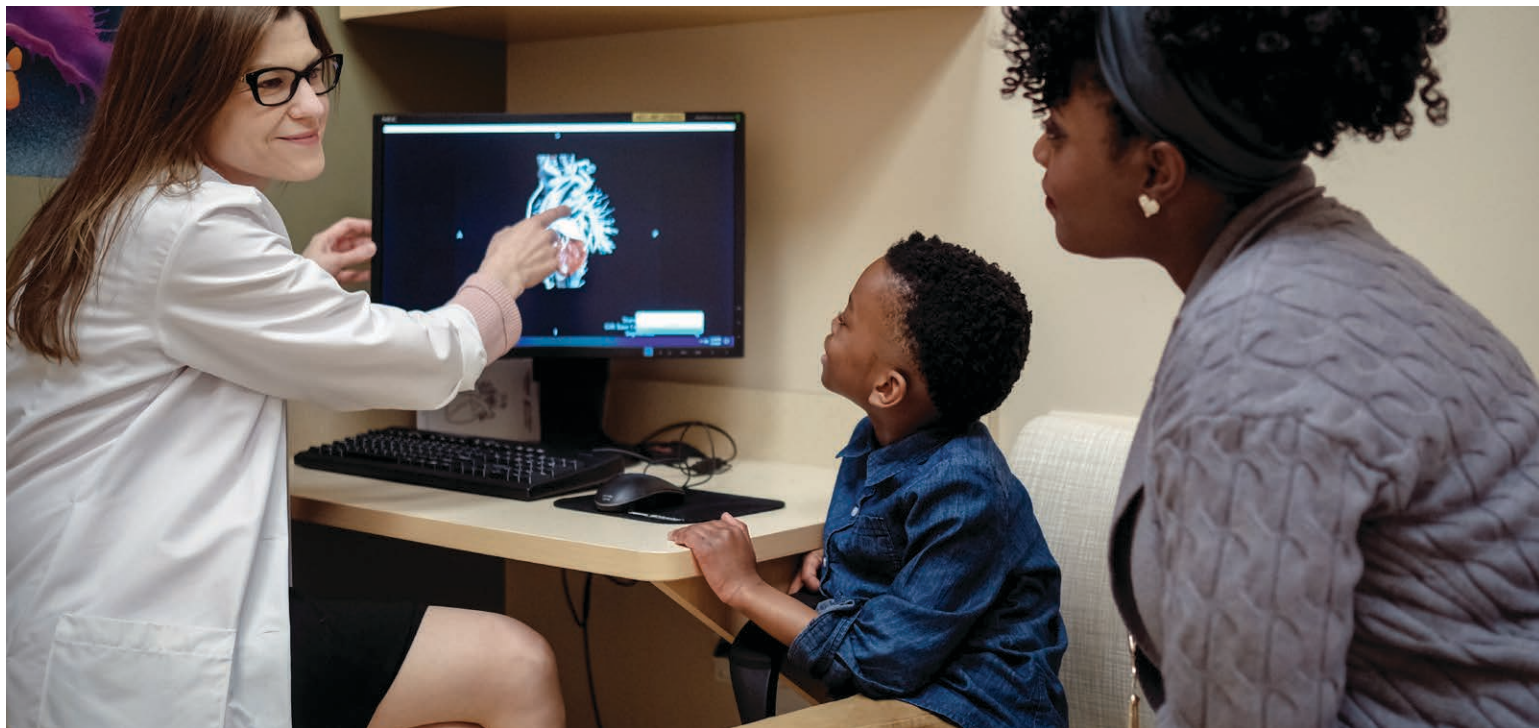




My nurse will check my blood pressure and heartbeat again and take out my IV. I can have a snack and get dressed in my regular clothes. I should drink plenty of water after my test.

Shortly after the scan, my appointment is done and I can go home. I can feel proud that I finished my CT scan!





The X-rays of my heart from the CT scan will be sent to a computer, which can make 3D pictures of my heart for my doctor. My doctor can show me the pictures during my next clinic visit.

TO SCHEDULE A CARDIAC CT SCAN OR FOR ANY QUESTIONS,
please contact The Children's Heart Clinic at 612-813-8800.

