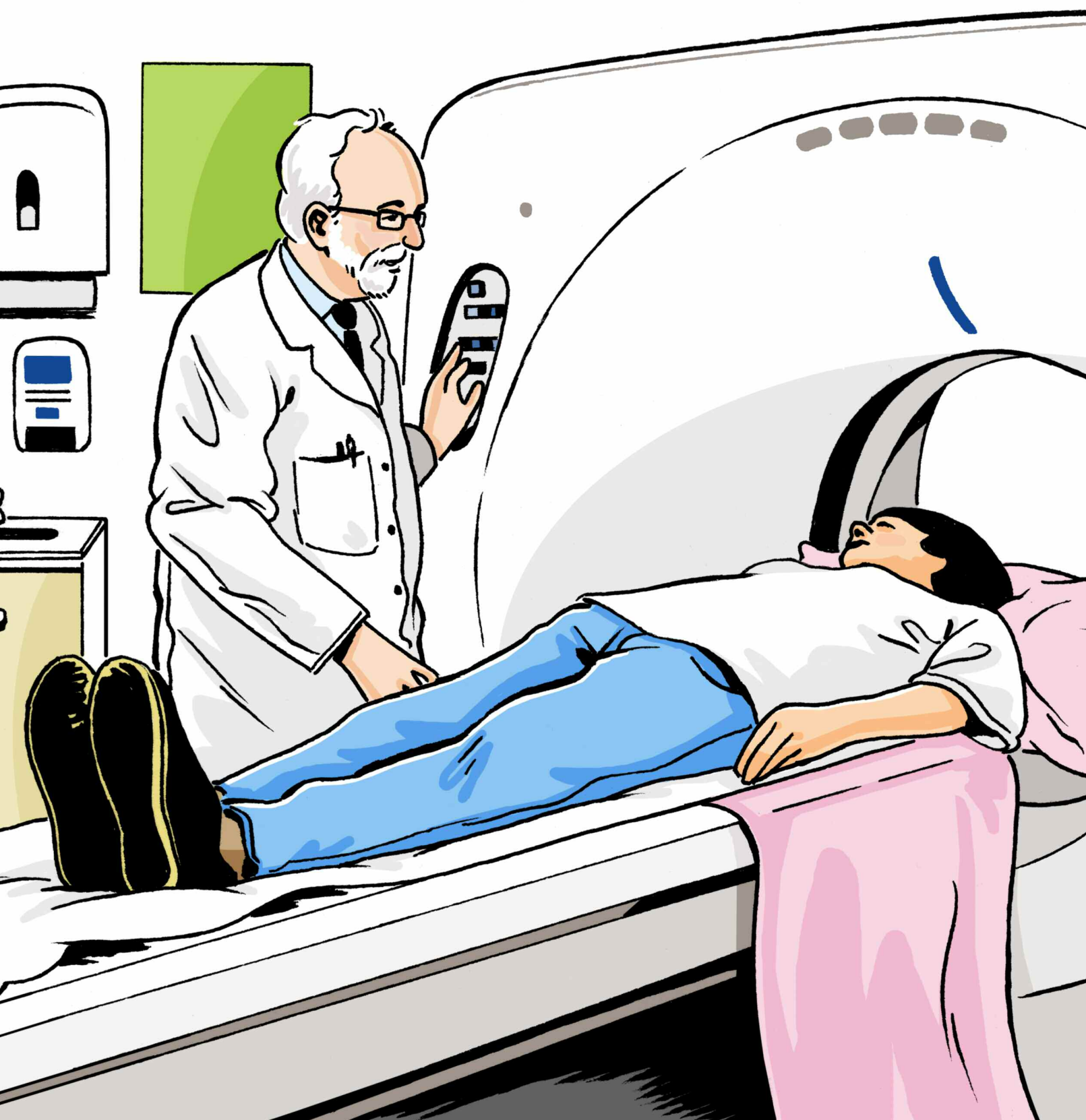


# Having a CT scan

Diagnosis and Treatment



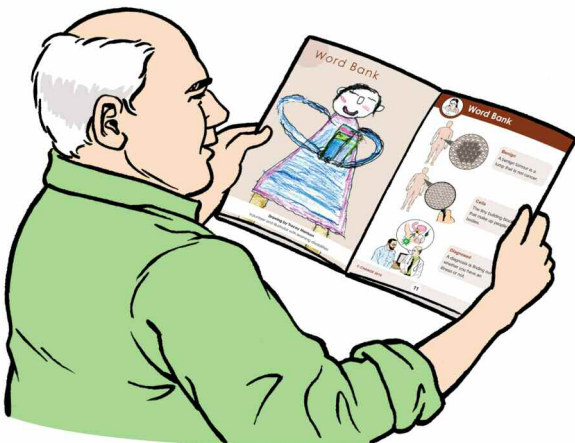
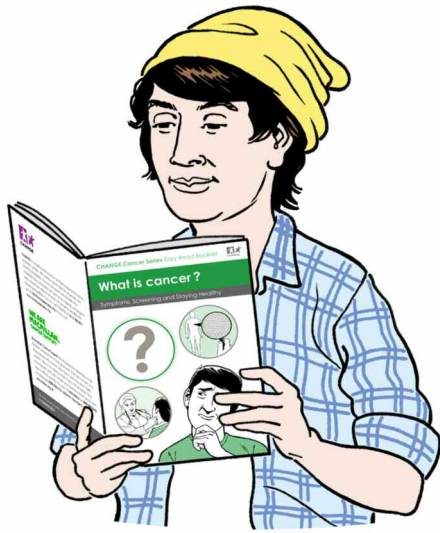
# Introduction

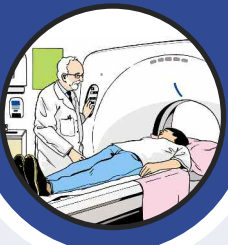
This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.



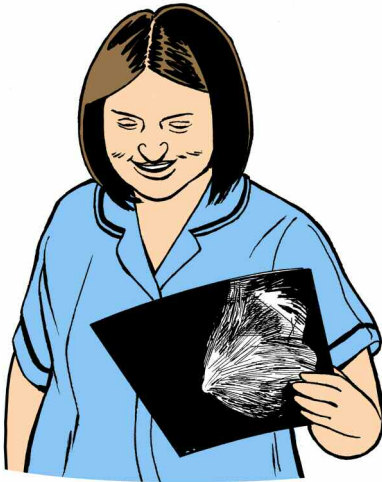


# Having a CT scan

## Scans



Scans and **x-rays** are ways of taking photos of the inside of the body. This helps the doctor check if everything is OK, or find out what is causing a health problem.



Scans and x-rays are done in hospital by people called **radiographers**.



Scans and x-rays do not hurt. Tell the doctor if you have any pain.

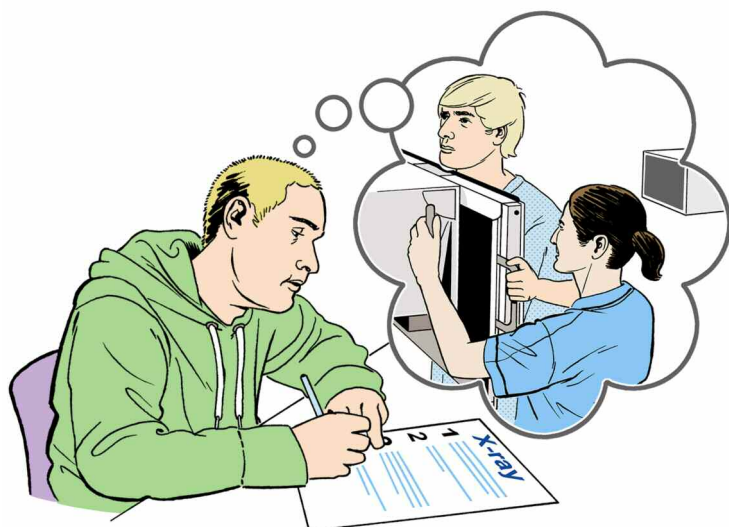




# Having a CT scan



If you are pregnant some scans and x-rays can hurt the baby. So before you go for a scan you must tell the doctor if you think you might be pregnant.



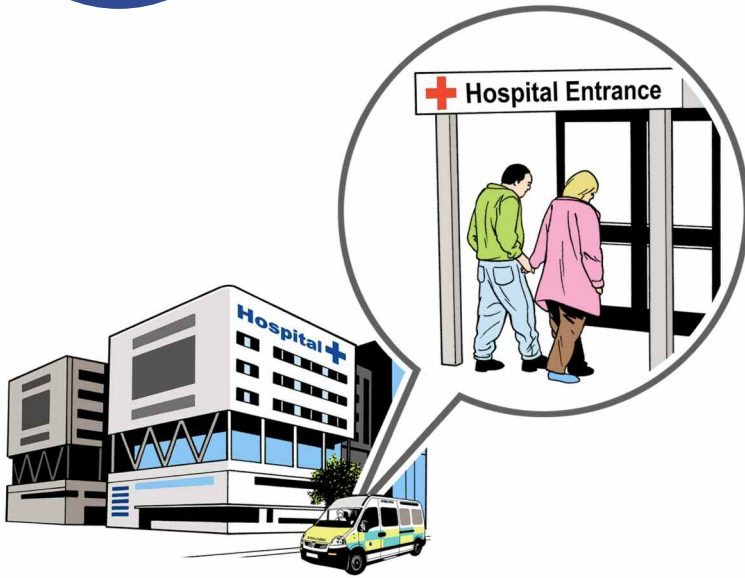
Here are some things that you might want to do if you need to have a scan or x-ray.



- Ask the radiographer, x-ray nurse or your supporter to tell you what they are going to do before they do it.



# Having a CT scan



- It could be a good idea to visit the hospital with your supporter before you go for the scan. Then you will know what it is like.

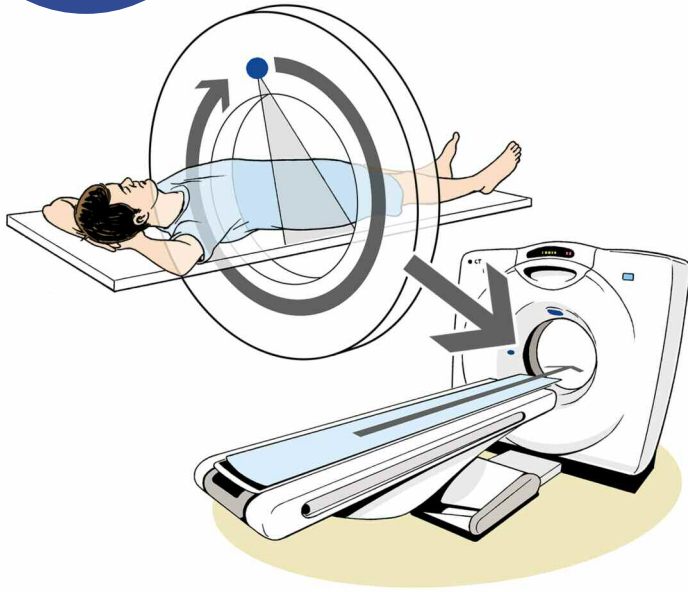
## Having a CT scan:



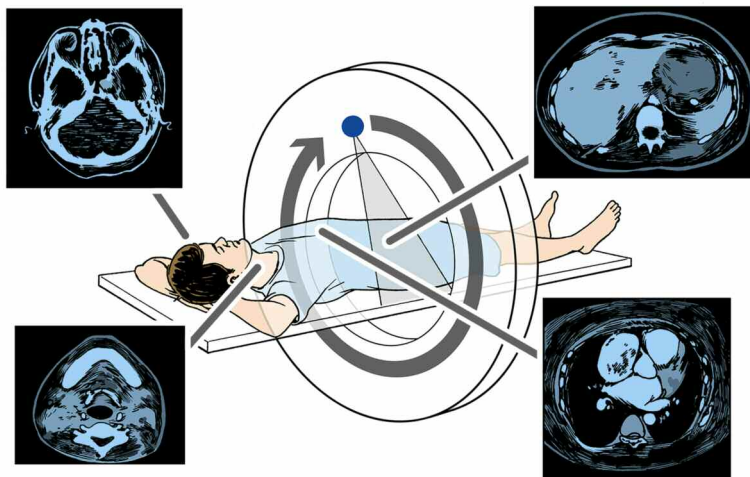
The CT scan is done using a machine called a **CT scanner**. It is a type of x-ray machine.



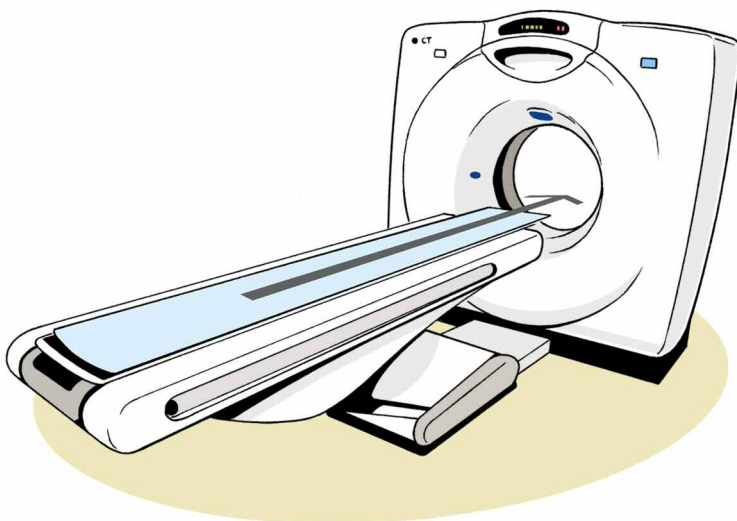
# Having a CT scan



It sends rays or beams through the body to make a picture of the inside of the body. The scan does not hurt.



Any part of the body can be scanned.

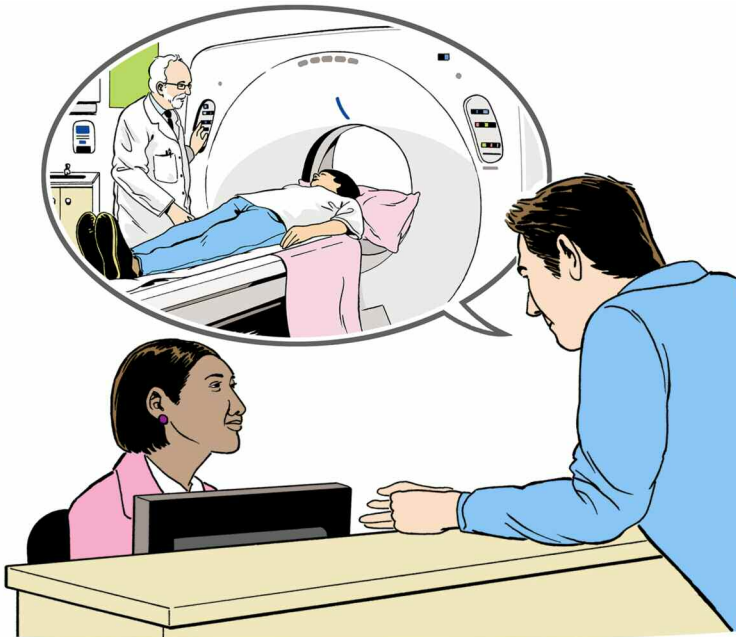


The CT scanner looks like a big box with a hole in it. It has a special bed for you to lie on. The bed moves in and out of the scanner. Only the part of your body the doctor wants to check will be inside the scanner.

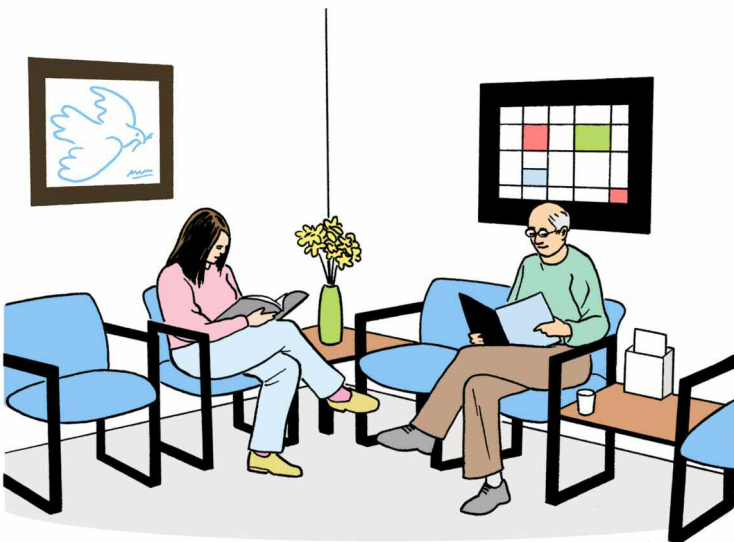




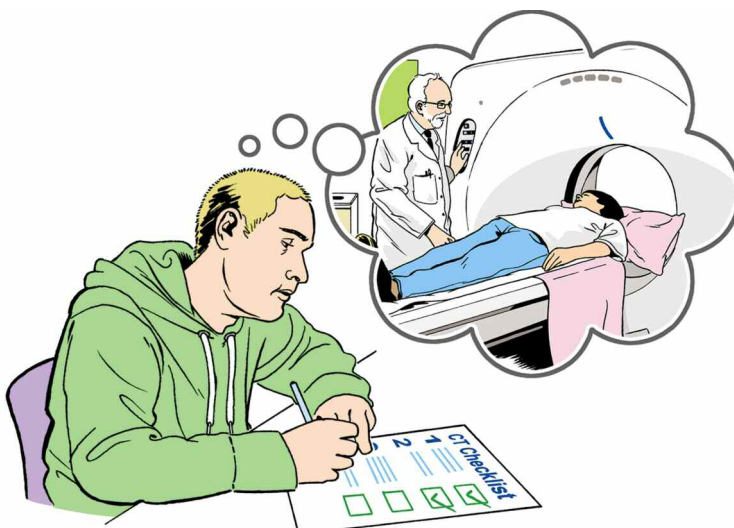
# Having a CT scan



When you come for the scan you need to go to the reception desk first.



Then you may have to wait in the waiting room. If you would find this hard, you can ask to wait in a separate room until you have your scan.



Before you have a CT scan there are some things you will be asked to do to get ready.



# Having a CT scan



- Depending on what part of your body is being scanned you might be asked not to eat anything for a few hours before the test.



- Depending on what part of your body is being scanned you may be asked to drink a special liquid.

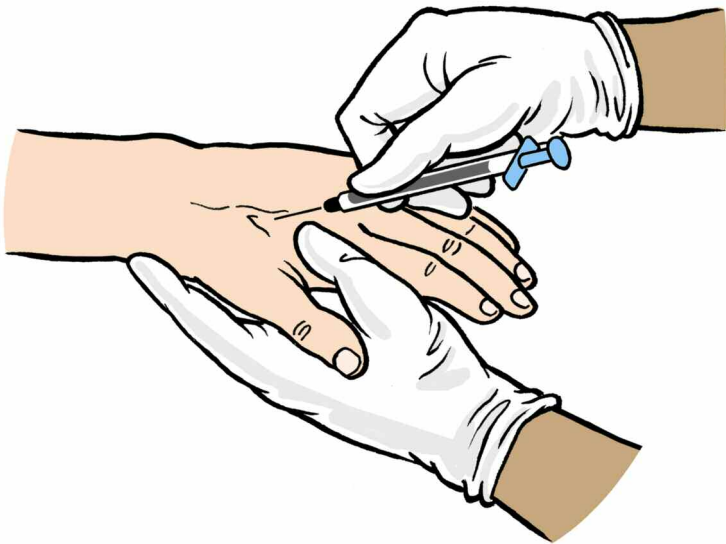


This liquid makes it easier for the doctor to see the inside of your body on the scan.

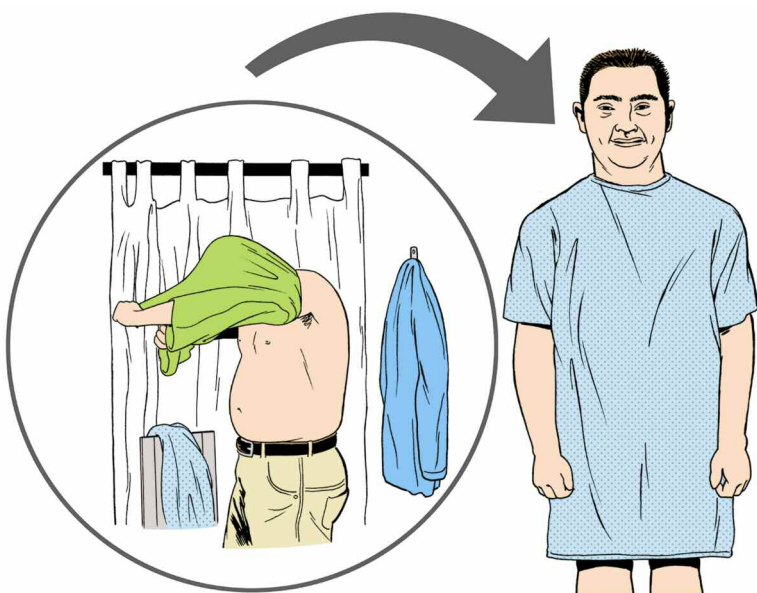




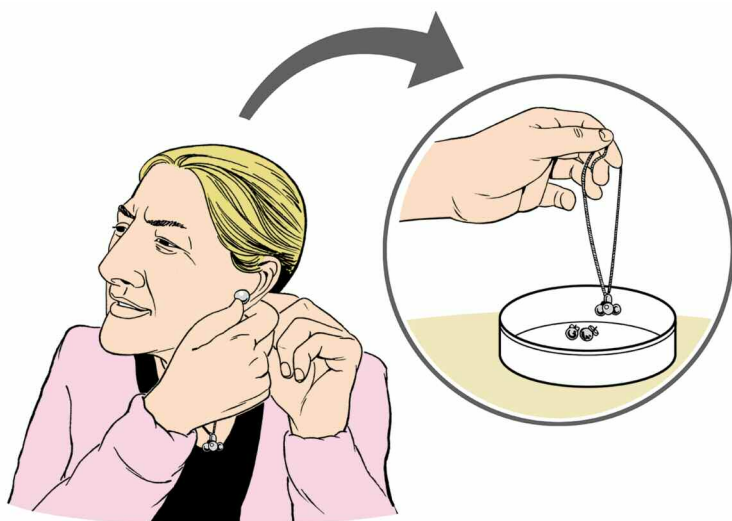
# Having a CT scan



This liquid may be given through an **injection** into the back of your hand instead. The radiographer should ask you if you feel OK. Tell them if you don't feel OK.



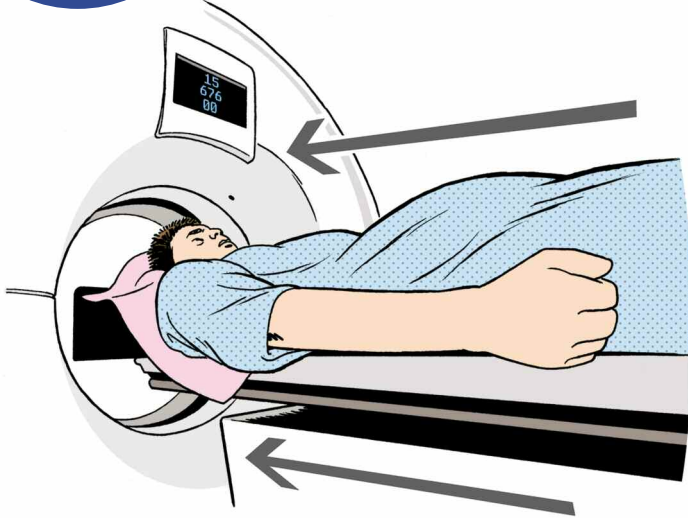
You may be asked to take some clothes off and put on a hospital gown. You can usually keep your underwear on.



You will have to take off any jewellery too.



# Having a CT scan



You will be asked to lie on a bed which moves slowly backwards and forwards through the scanner.



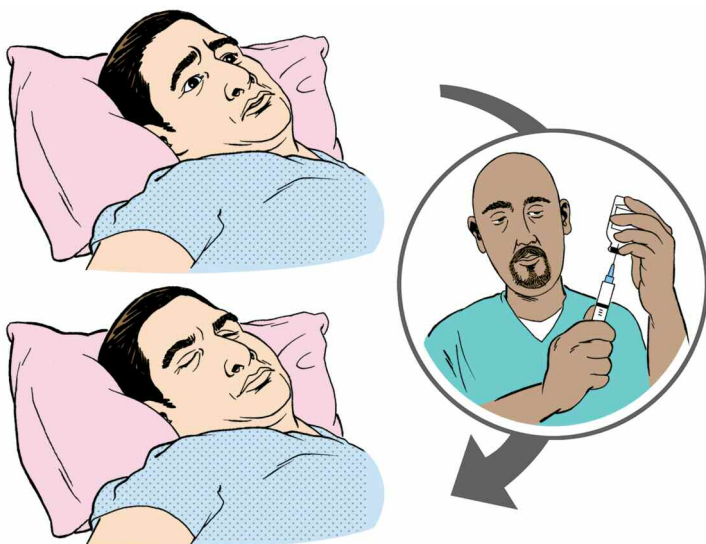
The scanner does not touch your body, but when the scanner passes over your body you might feel a bit **claustrophobic**.



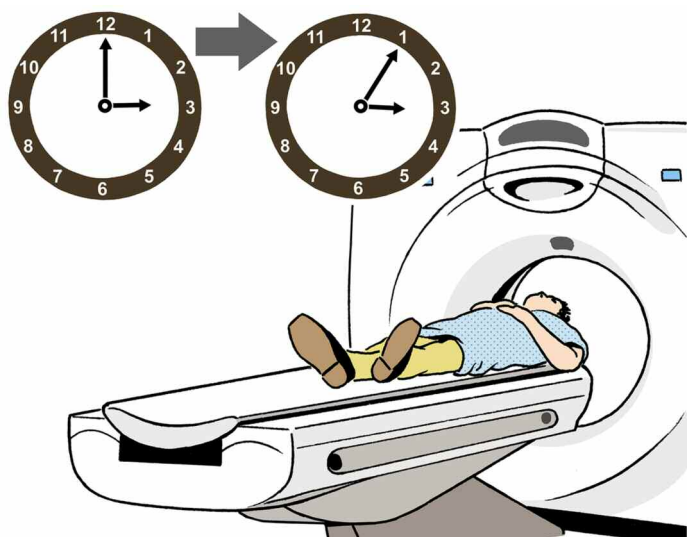
This means feeling scared or panicky when you are in a small space. If you feel like this tell the radiographer.



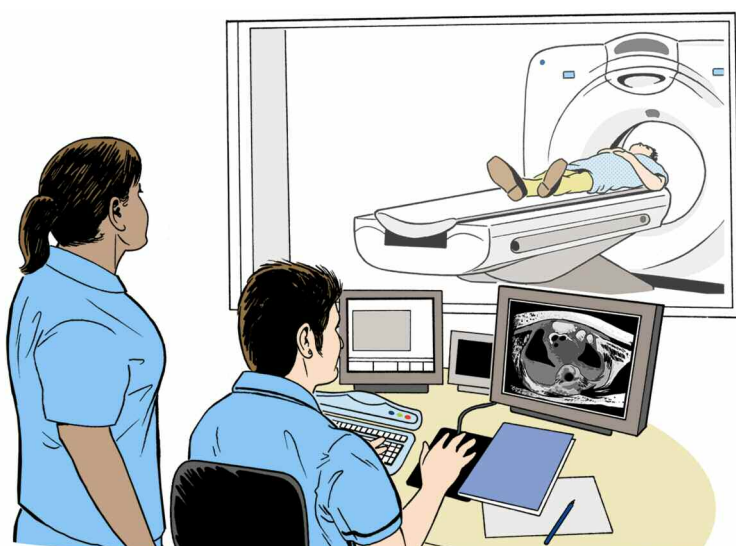
# Having a CT scan



They can give you some medicine to help you relax.



The CT scan only takes a few minutes to do but it can take some time to get you in the right position. You will have to lie very still when the scan is happening.



The radiographer and your supporter will not be able to stay next to you while the CT scan is happening. They will be in a small room at the side behind some glass.

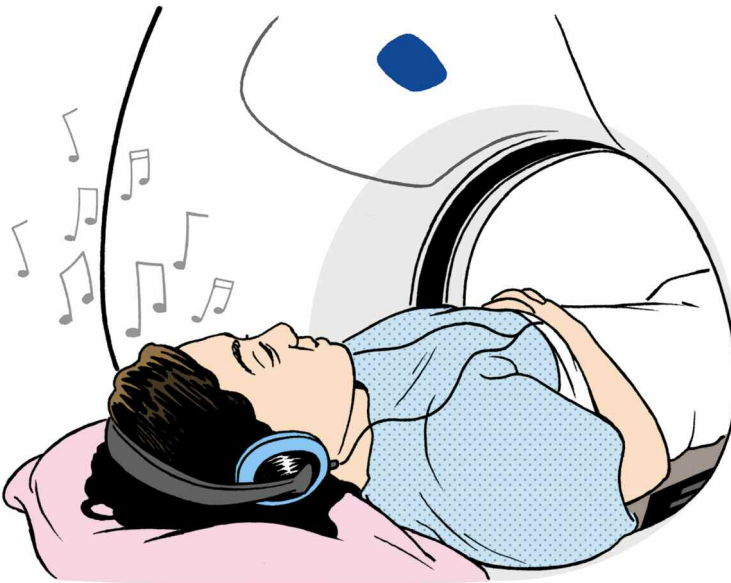




# Having a CT scan



You will still be able to see and hear them talking to you. They can hear you too.



Some people like to listen to music while they are being scanned to help them stay calm. You can bring your own music with you if you like.

# Word Bank



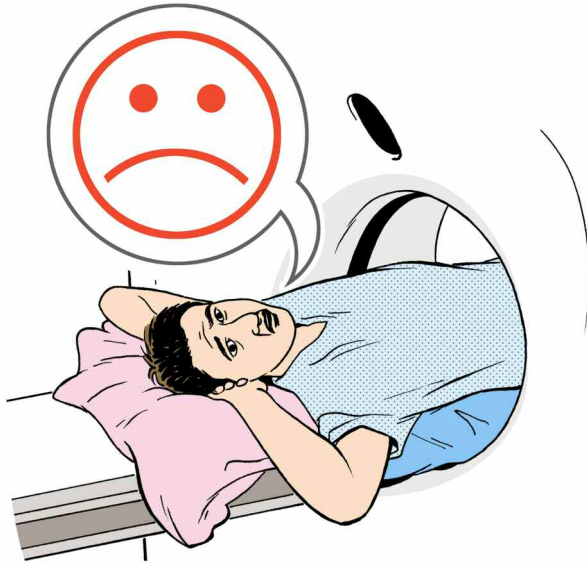
**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities





# Word Bank



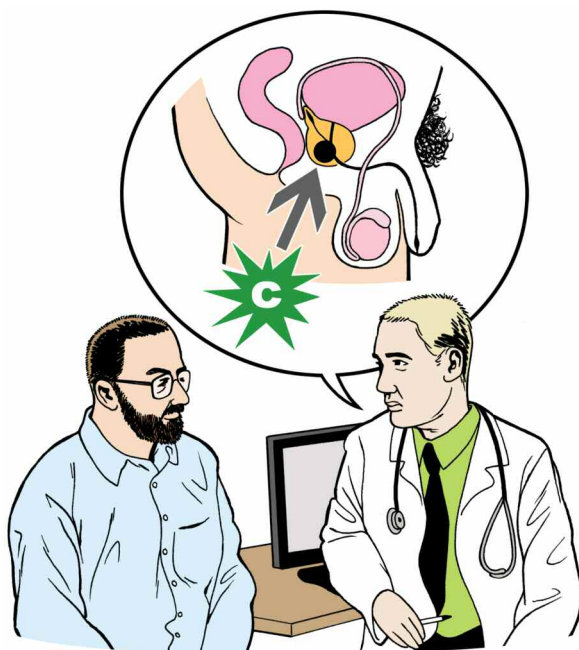
## **Claustrophobic**

This is when a person feels scared or panicky when they are in small or tight spaces.



## **CT scanner**

A machine that does your CT scan. It has a special bed for you to lie on while the scan is done.



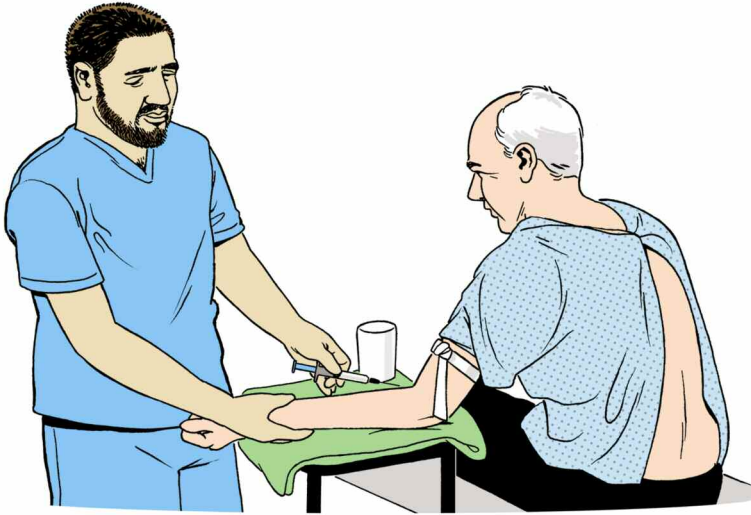
## **Diagnosis**

A diagnosis is finding out whether you have an illness or not.



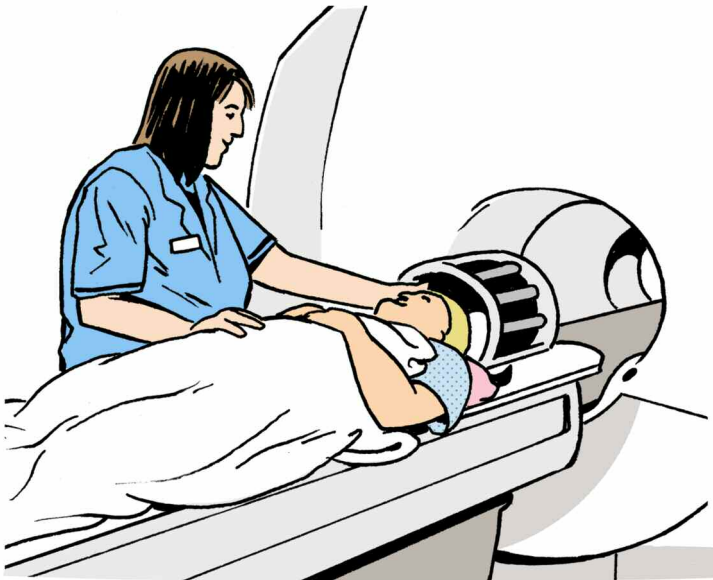


# Word Bank



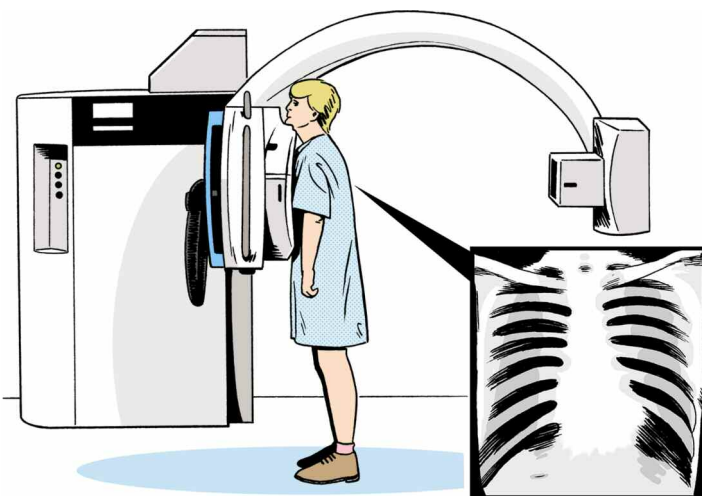
## **Injection**

When you have a needle put through your skin to put a medicine into your body.



## **Radiographer**

A person who takes scans of your body.



## **X-ray**

This is a picture taken of the inside of your body.



# Notes

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# Useful contacts



**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities





# Useful contacts

## Helpful organisations

### Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

**Phone:** 0808 800 4040

**Web:** [www.cancerresearchuk.org](http://www.cancerresearchuk.org)



### Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

**Phone:** 0808 808 00 00

**Web:** [www.macmillan.org.uk](http://www.macmillan.org.uk)

### NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone:** 111

Wales **Phone:** 0845 46 47

Northern Ireland **Web:** [www.hscni.net](http://www.hscni.net)

### Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

**Phone:** 0207 924 3924

**Web:** [www.paulscancersupportcentre.org.uk](http://www.paulscancersupportcentre.org.uk)



# Useful contacts

## **RESPOND**

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

**Phone:** 0808 808 07 00

**Web:** [www.respond.org.uk](http://www.respond.org.uk)

## Written and audio material

### **Books Beyond Words**

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

**Web:** [www.booksbeyondwords.co.uk](http://www.booksbeyondwords.co.uk)

**Phone:** 020 8877 9799

**Email:** [admin@booksbeyondwords.co.uk](mailto:admin@booksbeyondwords.co.uk)

### **FAIR Multimedia**

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

**Email:** [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

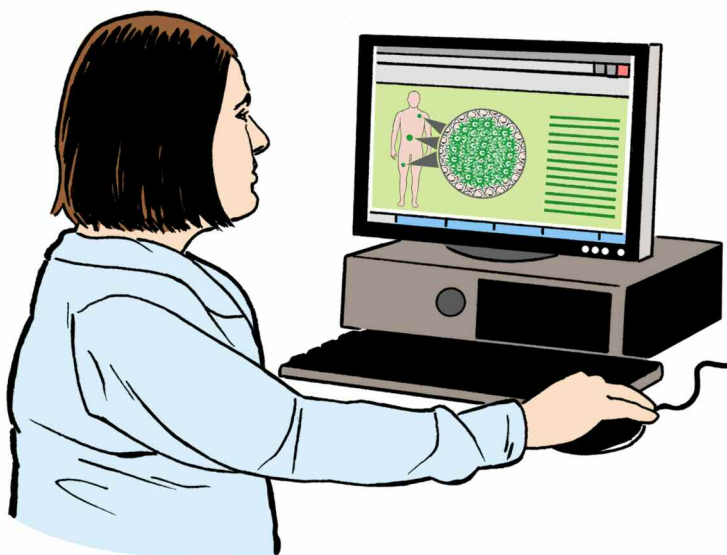
**Phone:** 0131 662 1962

**Web:** [www.fairadvice.org.uk/health-publications.php](http://www.fairadvice.org.uk/health-publications.php)



# Useful contacts

## Online help



### [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

Has lots of online health information that is easy to understand.

### [www.macmillan.org.uk](http://www.macmillan.org.uk)

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

## Videos and DVDs

### **Leeds Animation Workshop**

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

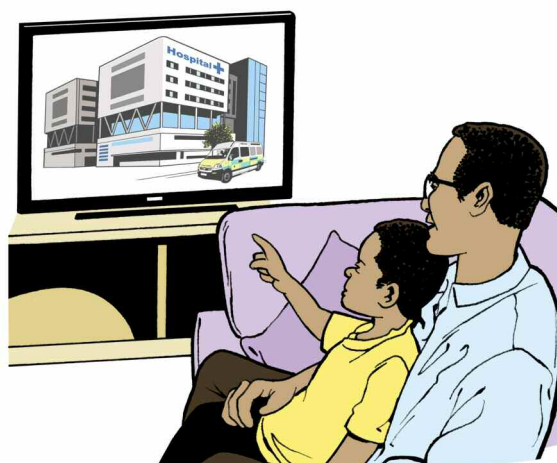
**Phone:** 0113 248 4997

**Web:** [www.leedsanimation.org.uk/index.html](http://www.leedsanimation.org.uk/index.html)

### **Speak Up Self Advocacy**

Has DVDs and booklets for people with learning disabilities about health and illness.

**Web:** [www.speakup.org.uk](http://www.speakup.org.uk)







**CHANGE** is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

## **WE ARE MACMILLAN. CANCER SUPPORT**

**Macmillan Cancer Support** has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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