

Getting a PET CT Scan

(Positron Emission Tomography – Computed Tomography)

Photo Preparation Book



This is the Radiology Waiting Room. There are a lot of fun things to do in this room while you wait!

The people in this room are waiting for pictures called X-rays, Ultrasounds, or PET CT's (just like you!)



Next, you will go to one of the registration desks. The patient services representative will let the technologists know that you are here.



You will also get a special bracelet that tells everyone who you are. Then you will go back to the waiting room.



Next, a nuclear medicine technologist will walk you from the waiting room to the green room.

A technologist is the person who will take your pictures!

In this room, you will find out how much you weigh before your PET CT.

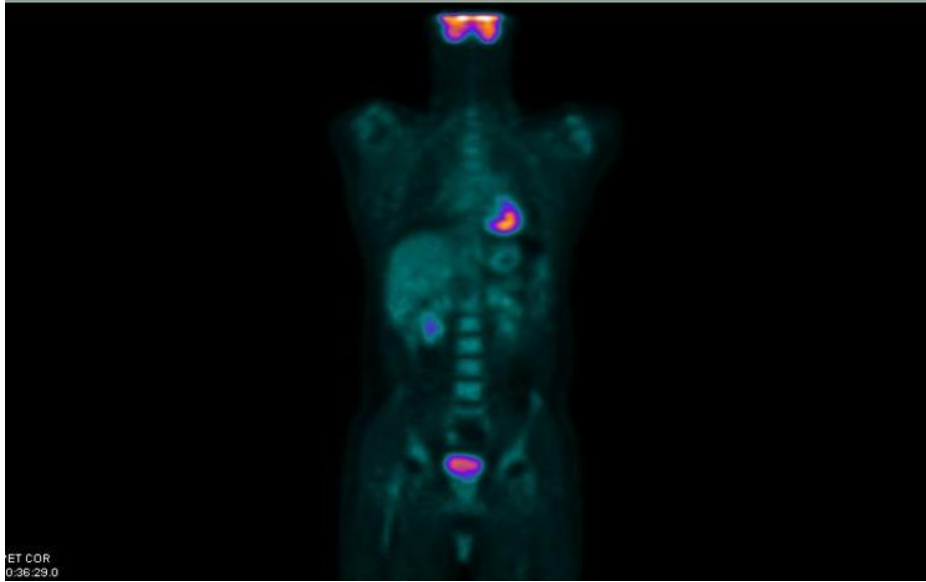


PET CT Camera

A PET CT is a special camera that takes pictures of the inside of your body.

The camera is inside the circle. You might hear noises, but the camera does not touch you!

This is an example of what a PET CT picture looks like:



To get pictures like this, we use a special liquid that shows up bright on the camera, like the colorful spots above!



The PET CT liquid goes into your body through your veins.

Veins are the blue lines under your skin that carry blood through your body.

The Pet CT liquid goes in your veins through a very small and soft straw, also called an IV.

We understand that IV's can make you feel nervous.

Let's make a Coping Plan to help!

Ask your nurse about:

1. Child Life Specialist
2. Freezy Spray
3. LMX (numbing cream)
4. Buzzy Bee
5. Comfort Positioning

Decide if you want to:

1. Watch or look away
2. Count 1-2-3 or not
3. Sit on someone's lap or by yourself
4. Take a deep breath
5. Play a game
6. Anything else that might help



After the Pet CT liquid has been injected, you will have about 50 minutes to wait.

During this break it is important to relax your body and mind, so try not to move around or play too much!



We will give you a warm blanket and a quiet, dark room to relax or take a nap in until it is time for your pictures! You can also bring a favorite blanket or stuffed animal from home 😊



Next, the nuclear medicine technologist will bring you and a grown-up to the Pet CT room.

This room looks like a camp out in the woods! This is the room where your pictures will be taken.



The technologist will give the grown-up you brought with you a special apron to wear so they can stay with you while you have your pictures taken!



To have your pictures taken, you will lay down on the bed and hold still!

The camera has red lights that help the technologist line you up straight for your pictures. You can see these lights, but you do not feel them.



One of the technologists will take your pictures from the control room. They can see you through this window!

If you get nervous or have a question, just talk right into the camera and they can hear you in the other room.

When your pictures are being taken the bed moves in and out of the camera. You might hear the camera making noises that sound like a big fan.

Just remember, the camera will not touch you!



Your most important job while you are getting your pictures taken is to relax and...
STAY REALLY, REALLY STILL!!



After your pictures are taken you are all
finished in the Camp Room!

You should be so proud of yourself for being
brave and holding still for your pictures 😊

Additional Support

If your child has any special needs (Autism Spectrum Disorder, Anxiety, etc.) or other health issues you feel the healthcare team needs to know about, please call the Nuclear Medicine team at (412) 692-9518.

Preparing your child beforehand will help your child have a more positive experience. Sometimes it is difficult to know how to explain PET CT's to children. These preparation books have been created to help you and your child feel as prepared as possible.

If you feel that your child will have difficulty during their appointment or needs a more developmentally appropriate explanation prior to their visit, please call the Department of Pediatric Radiology's Child Life Specialist office at (412) 692-9532.