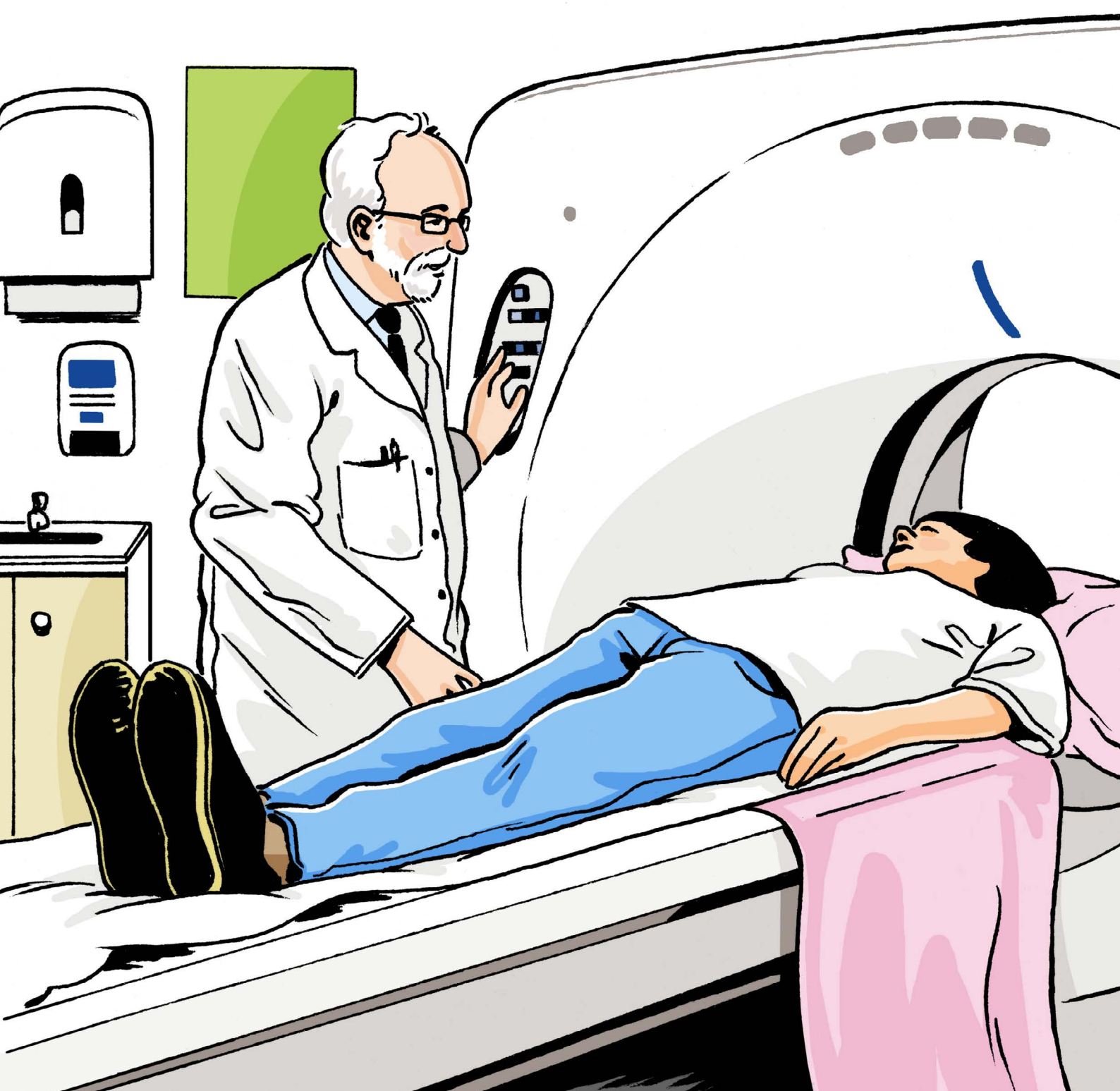


In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Having a CT scan





# About this easy read booklet



This booklet is about having a CT scan.



You can learn about what will happen at the hospital when you go in for a CT scan.



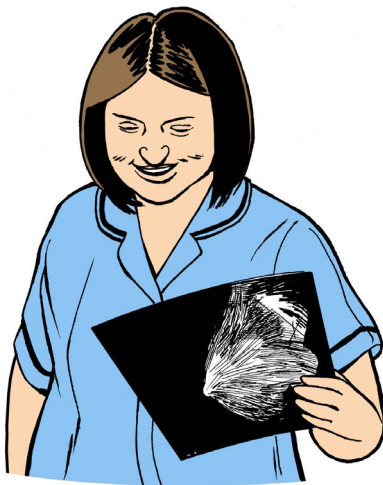
If you are worried about your health, you should talk to a doctor or nurse.



# Scans and x-rays



**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.



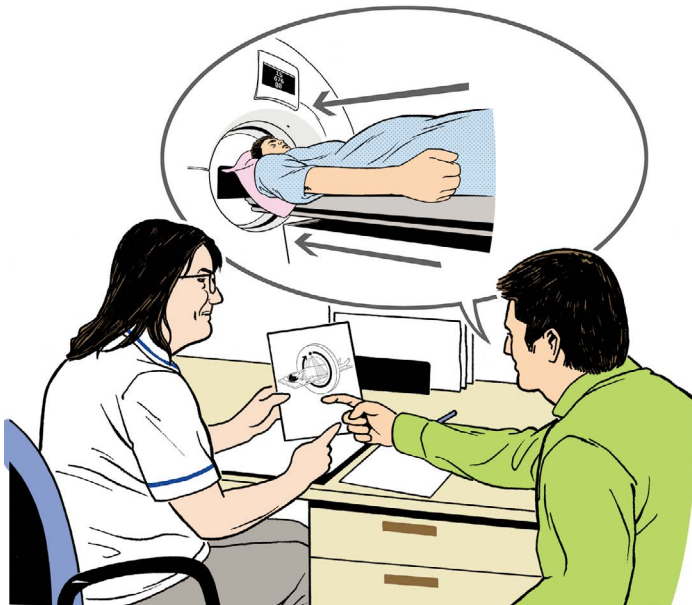
Scans and x-rays are done in hospital by people called **radiographers**.



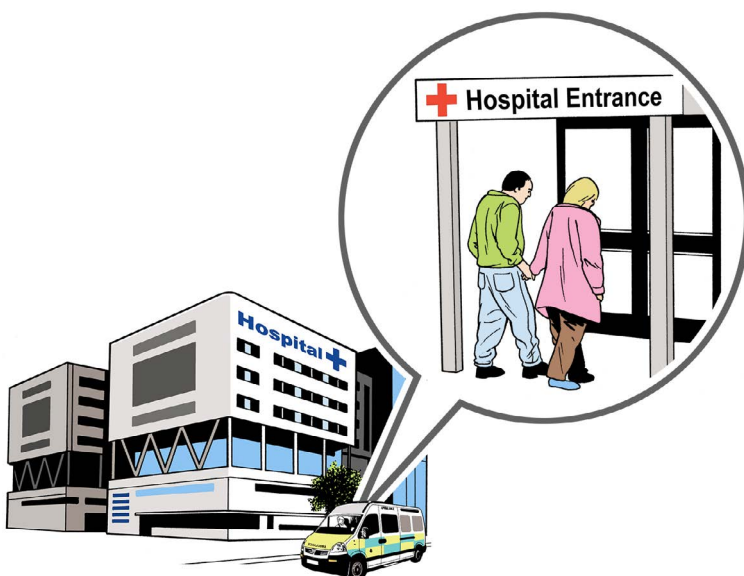
Scans and x-rays do not hurt. Tell the doctor if you have any pain.



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.



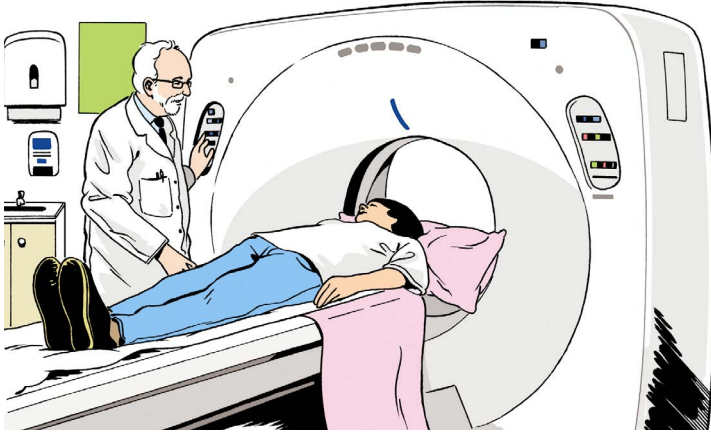
Before you have the scan you might want to ask the radiographer, x-ray nurse or the person who gives you support to tell you what they are going to do.



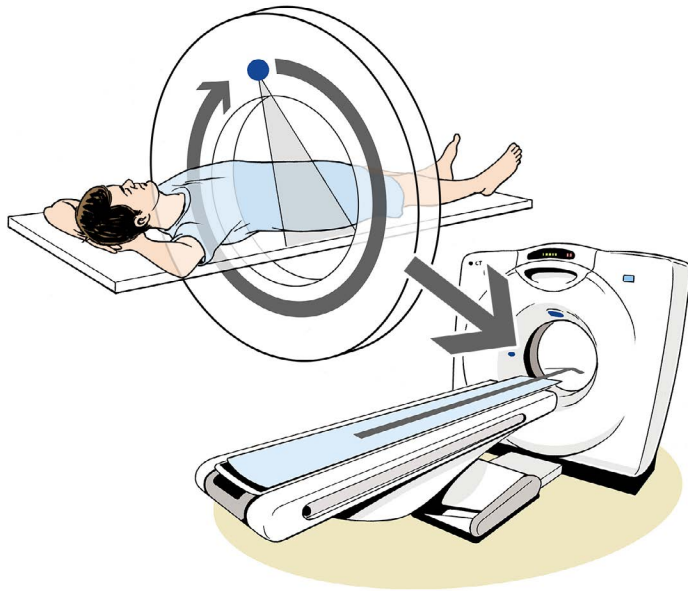
You may also want to visit the hospital with the person who gives you support before you go for the scan. Then you will know what it is like.



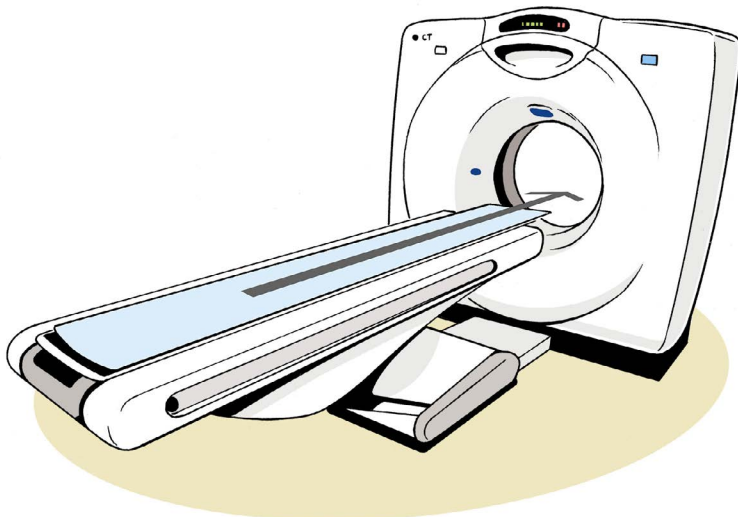
# Having a CT scan



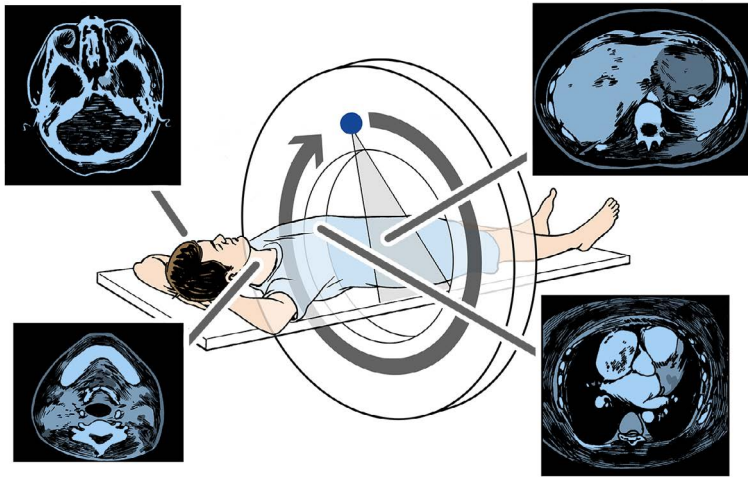
The CT scan is done using a machine called a **CT scanner**. It is a type of x-ray machine.



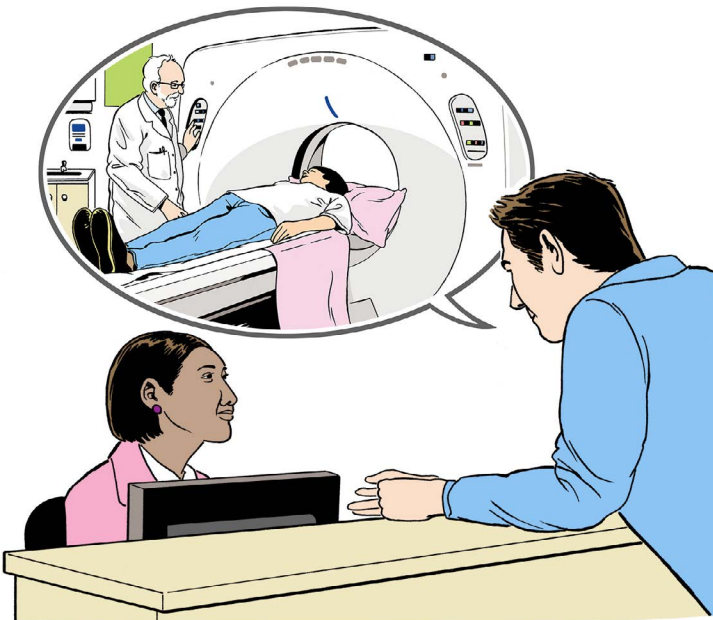
It sends rays or beams through the body to make a picture of the inside of the body. The scan does not hurt.



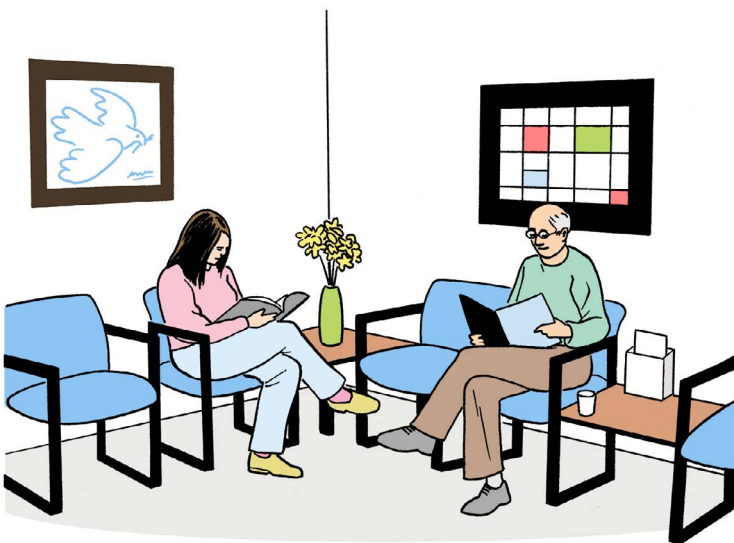
The CT scanner looks like a big box with a hole in it. It has a special bed for you to lie on. The bed moves in and out of the scanner.



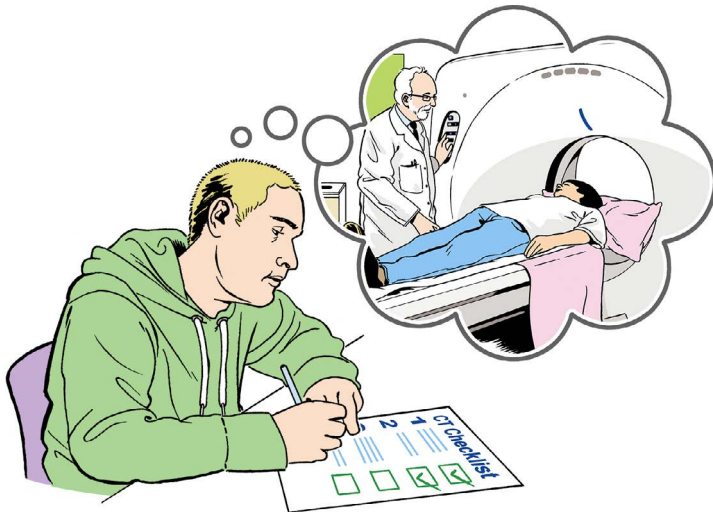
Only the part of your body the doctor wants to check will be inside the scanner. Any part of the body can be scanned.



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.



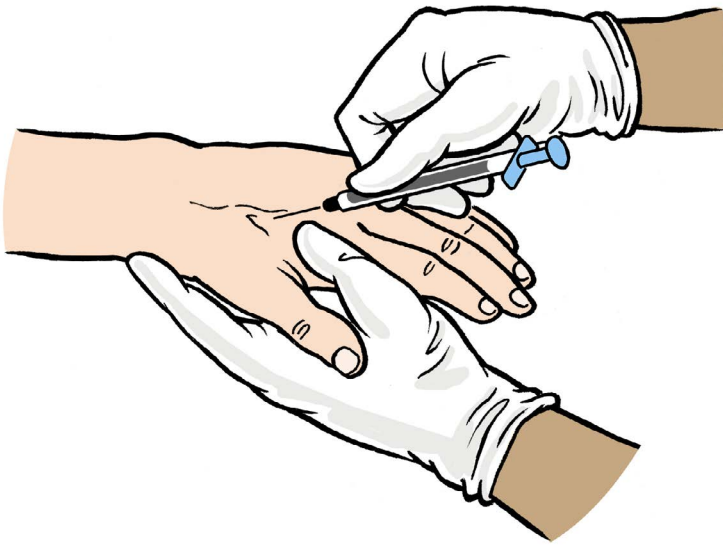
Before you have a CT scan there are some things you may be asked to do to get ready.



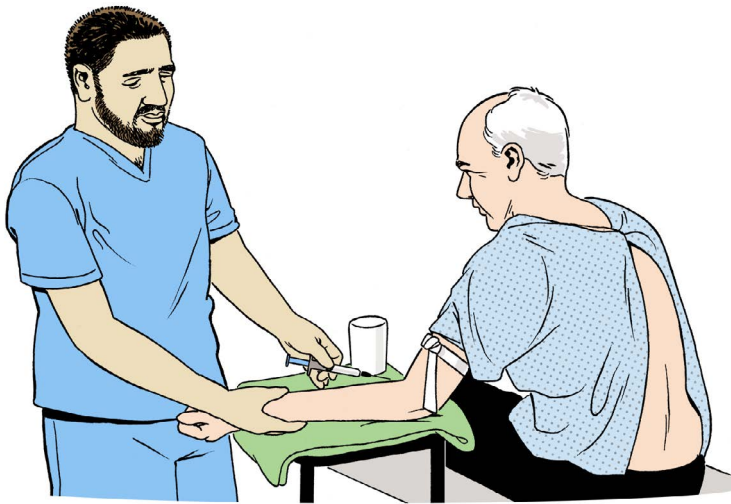
You might be asked not to eat anything for a few hours before the test.



You may be asked to drink a special liquid.



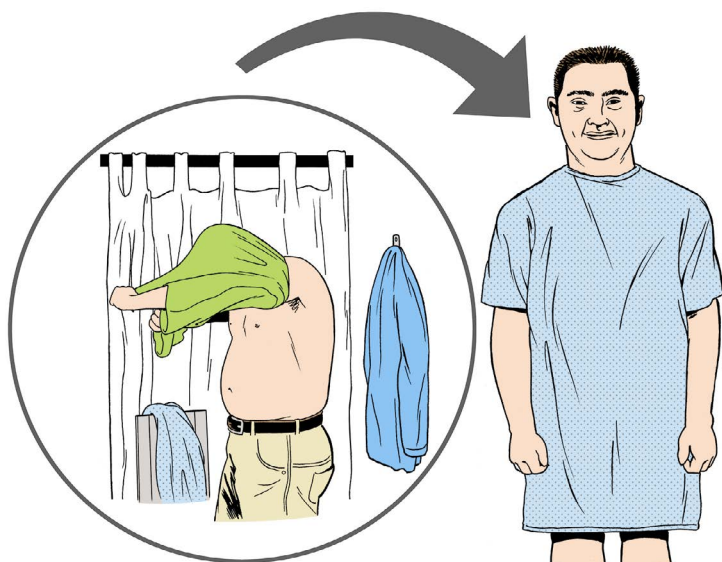
Or you may be given the special liquid by an **injection** into the back of your hand instead. The radiographer should ask you if you feel OK. Tell them if you don't feel OK.



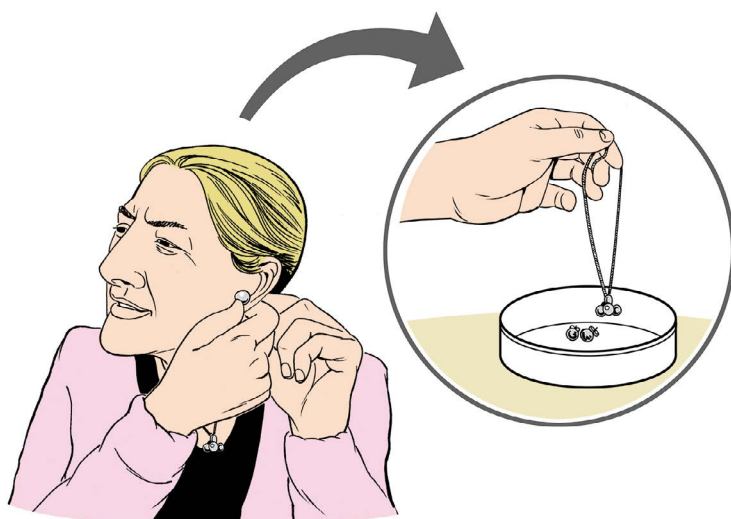
An **injection** is when you have a needle put through your skin to put a medicine into your body.



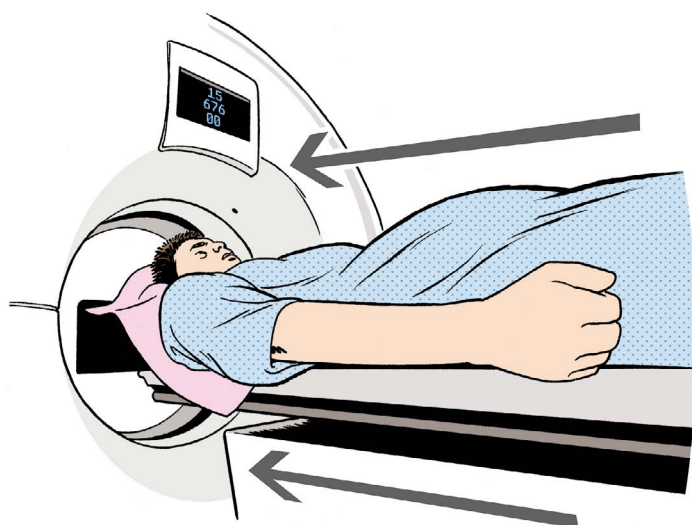
The liquid makes it easier for the doctor to see the inside of your body on the scan.



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



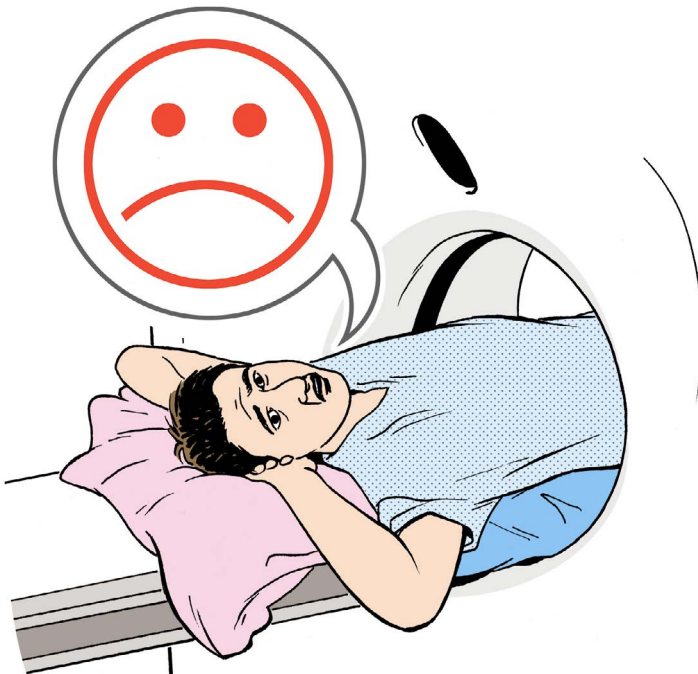
You will have to take off any jewellery too.



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



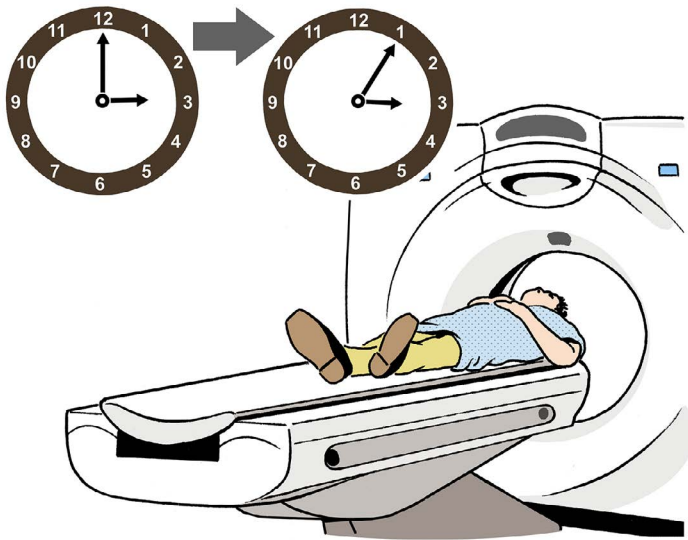
The scanner does not touch your body, but when the scanner passes over your body you might feel a bit **claustrophobic**.



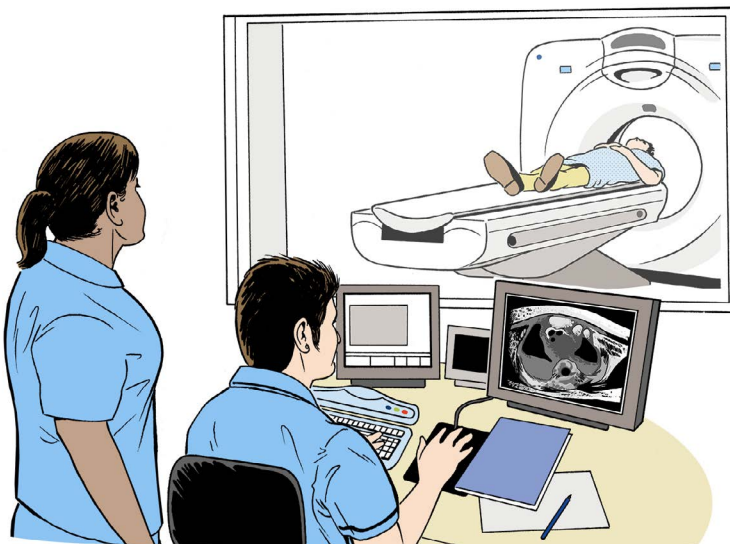
**Claustrophobic** means feeling scared or panicky when you are in a small space. If you feel like this, tell the radiographer.



They can give you some medicine to help you relax.



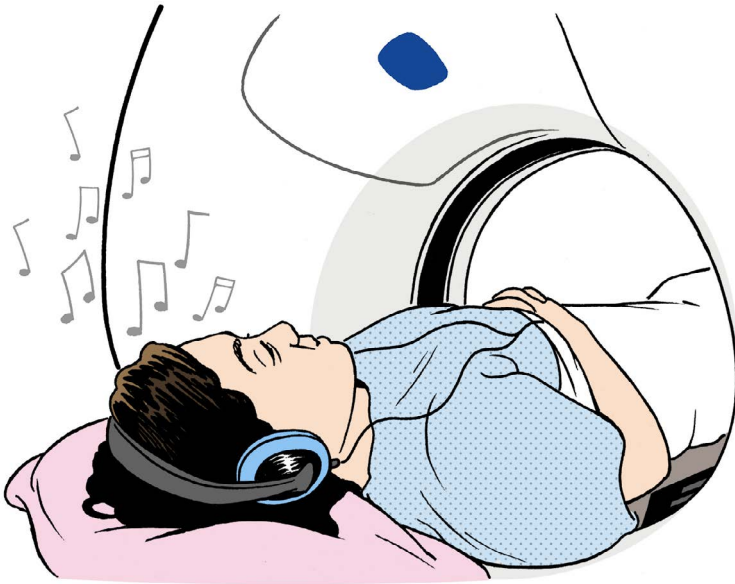
The CT scan only takes a few minutes to do but it can take some time to get you in the right position. You will have to lie very still when the scan is happening.



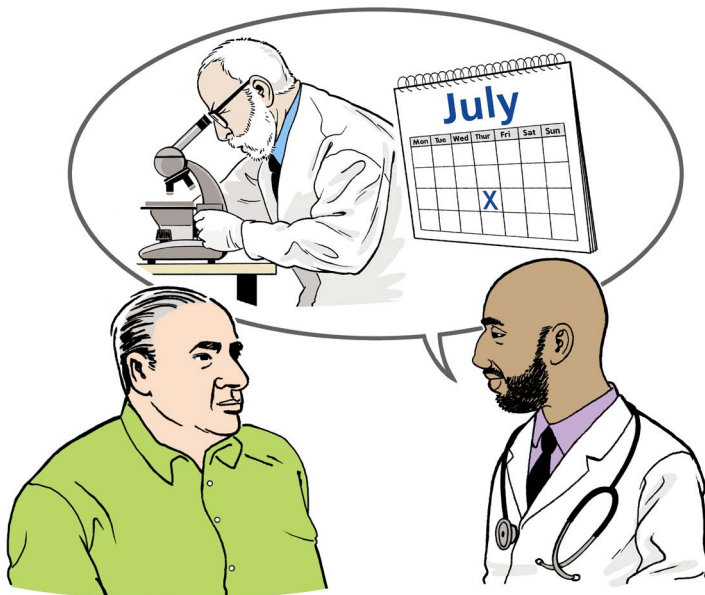
The radiographer and the person who gives you support will not be able to stay next to you while the CT scan is happening. They will be in a small room at the side behind some glass.



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.



It can take some time to get the results of your CT scan. It may take from 2 days to 3 weeks. Your doctor will tell you how long you may have to wait.



It can be worrying to wait for the results of medical tests. It may help to have someone to talk to while you are waiting. They can also support you when you get the results.

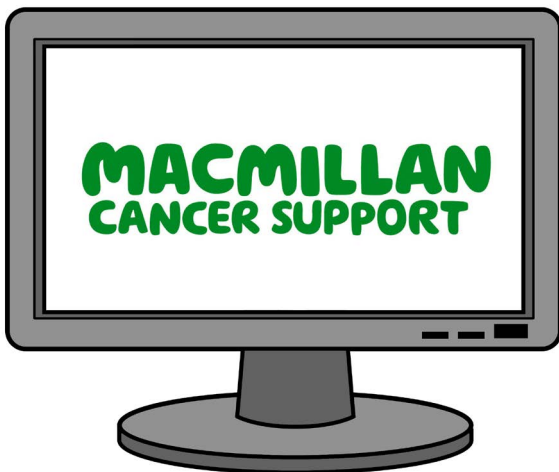


# How Macmillan can help you

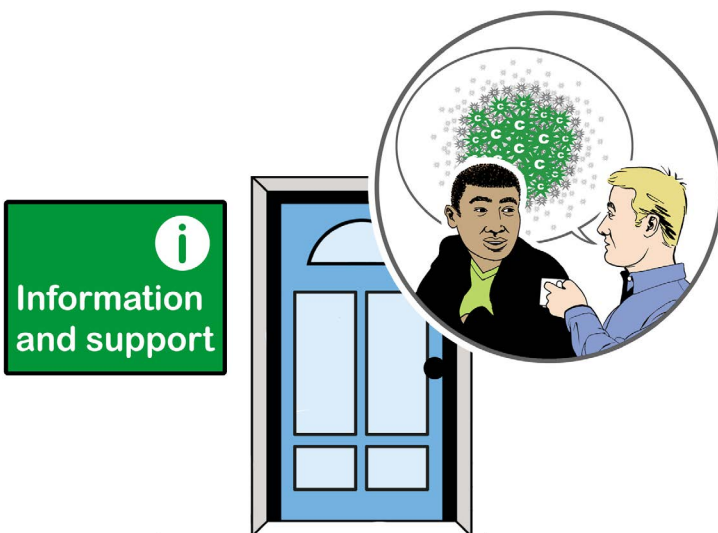


You can get support from:

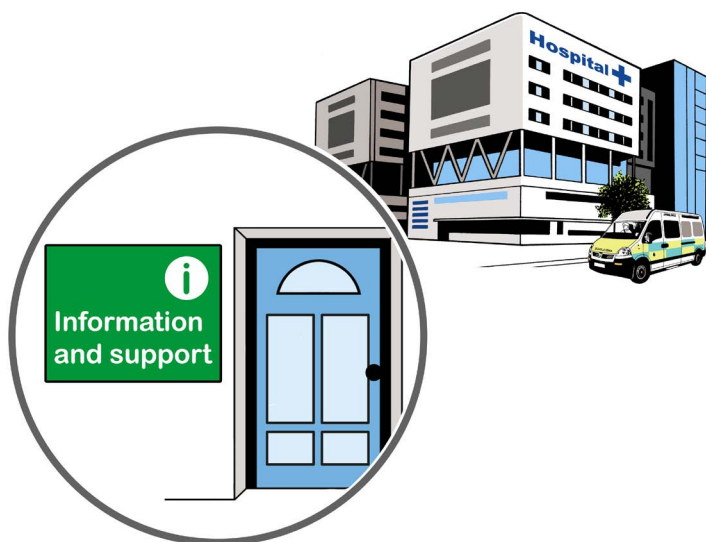
- The Macmillan Support Line.  
Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](https://www.macmillan.org.uk) for lots of information about cancer and living with cancer.



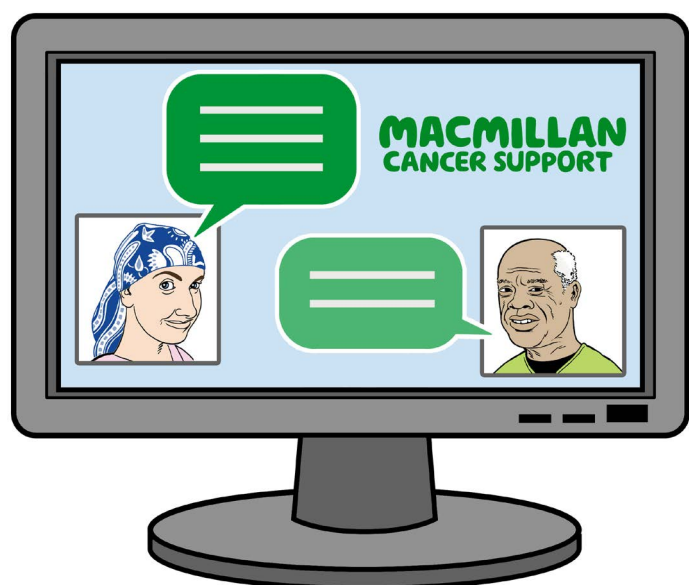
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://macmillan.org.uk/community)



# More easy read booklets



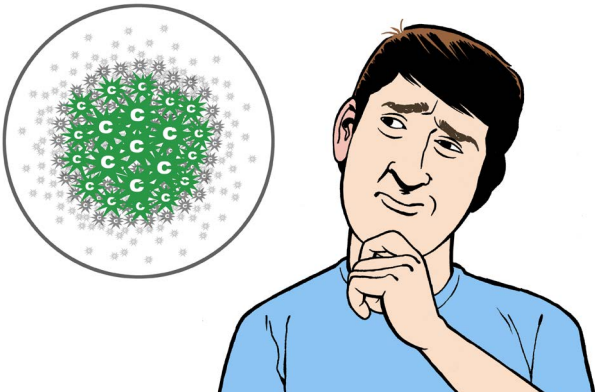
Order more easy read booklets from [macmillan.org.uk/easyread](https://macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



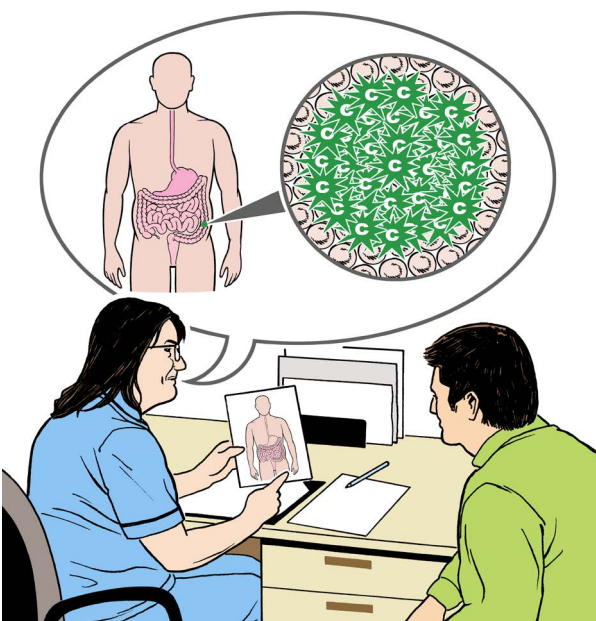
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website  
**[macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)** or call us on **0808 808 00 00**

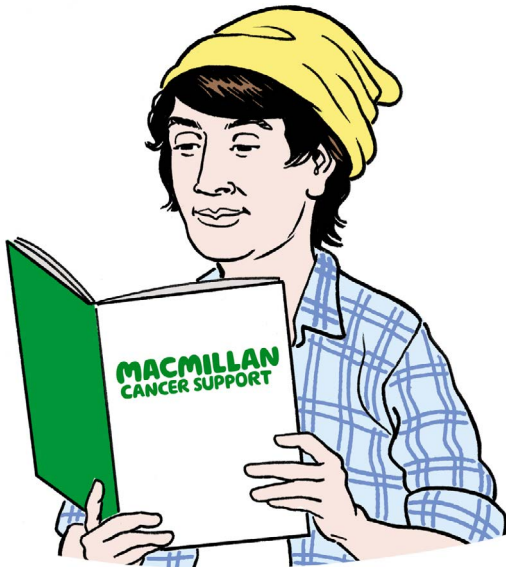


# More information and resources



## Macmillan website

There is lots of information about cancer at [macmillan.org.uk](https://www.macmillan.org.uk)



## Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](https://be.macmillan.org.uk)



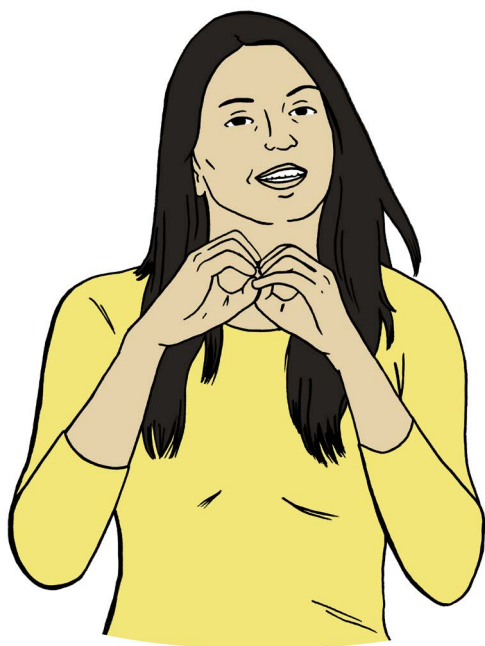
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



### Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://macmillan.org.uk/audio)



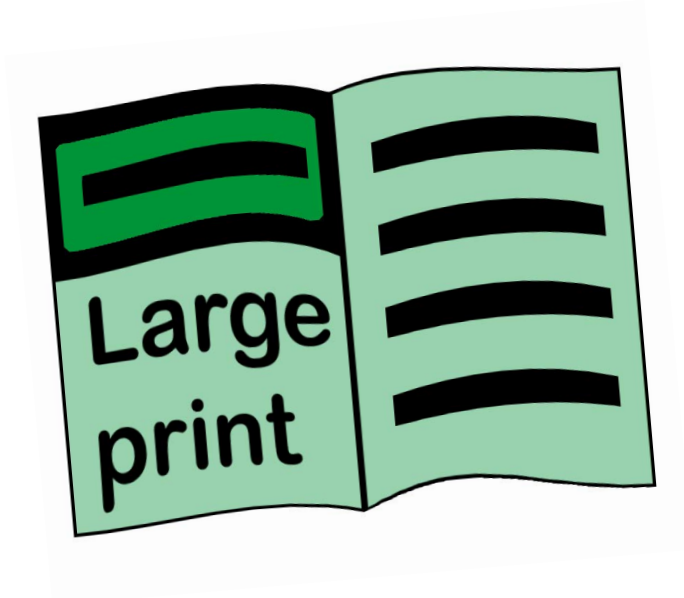
### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://macmillan.org.uk/bsl)



### eBooks

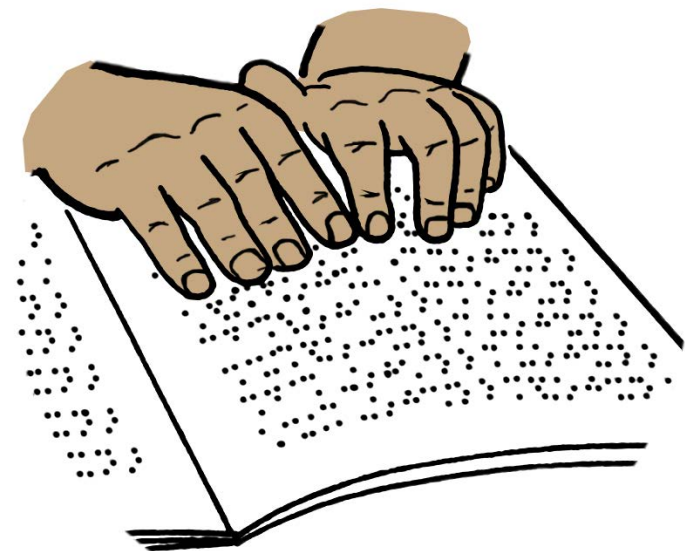
You can get eBooks about cancer from [be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



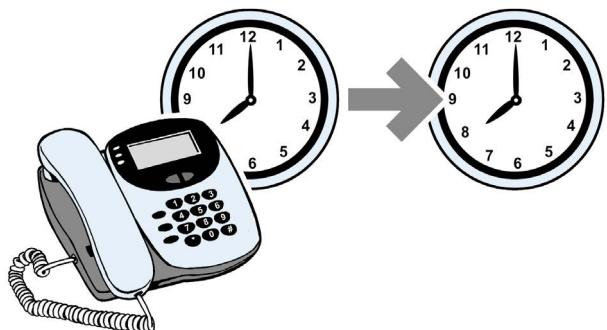
## Braille

Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

This booklet is about cancer.

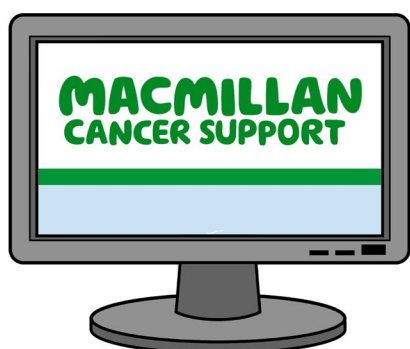
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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