

Preparing for Your Lung Screening Chest CT Scan

Please arrive at least 15 minutes before your scheduled appointment time to register. Please tell the technologist before your scan if you think you might be pregnant.

What is a lung screening chest CT scan?

A CT scan uses a computer linked to an x-ray machine to provide detailed pictures of areas inside the body. A lung screening CT takes detailed pictures of the lungs. You do not need to do anything to prepare for this test.

How do I get ready for a lung screening chest CT scan?

There is no preparation needed for this CT scan.

What should I wear to the appointment?

- You can wear comfortable clothing without zippers or metal buttons.
- You may bring a change of clothes with you, such as a sports bra with no wires, a shirt with no metal buttons, sweatpants without metal or pyjama pants.
- You may wish to wear a long sleeve top due to air conditioning. Some patients find the area cool.
- Jewellery may need to be removed before your exam.
- The hospital does have gowns and johnny shirts for you to use if you need to change into different clothing.



What happens at this appointment?

The CT scanner takes a picture of your lungs. The scan is free, quick, painless and happens at a hospital. Before the scan you may be asked to change into a hospital gown or johnny shirt. You will lie on a table and, if possible, with your arms raised over your head. The table will move so the doughnut-shaped scanner is over your chest area but will not touch you. You will be asked to hold your breath for a few seconds when the scan is happening. Then, a small amount of radiation will take detailed pictures of your lung. You do not need to take any medications or need any needles for this test. The scan itself takes about 10 seconds. You will be monitored by staff at all times.

If you are claustrophobic, please talk to your doctor. Your doctor may give you a medication to help you relax when you are having your scan.

Are there any side effects?

Side effects from having a CT scan are very rare. During your procedure you will be exposed to a small amount of radiation. The benefits of finding disease are believed to outweigh the risks from receiving such a small radiation dose. We use the lowest amount of radiation needed to produce quality images.

How long will the CT scan take?

The scan takes about 10 seconds. You may be on the CT scanner table for 5-10 minutes to get you in the best position. You should expect to be in the CT Department for 15-60 minutes.

A family-friendly atmosphere is important to us, but young children are not allowed in the CT scanner room. Please bring an adult to stay with them during your scan.

What happens after my CT scan/appointment?

A radiologist (a doctor who specializes in reading medical images) will review the scan and decide if any follow-up is needed. You will get a letter explaining your results and next steps. Your health care provider (if you have one) will also get a letter explaining your results and next steps.

How long does it take to get results from my CT?

We hope to have results ready within one week, but it may take longer. It is important to have a radiologist with special lung cancer training read the scans. Some people may need to have their tests read by two doctors. The goal is to ensure all scans are reviewed carefully and accurately.

We welcome your questions and comments about your care and this diagnostic procedure. If you have any questions or concerns, please contact the Lung Screening Program at:

Phone: 1-833-505-LUNG (5864)

Email: LungScreening@nshealth.ca

Patient and family feedback is very important to us.

We would like to invite you to send any comments or suggestions on how to improve this booklet to education.cancercare@nshealth.ca or feel free to call us at 1-866-599-2267.

Looking for more health information?

Find this brochure and all our patient resources here: <http://library.nshealth.ca/cancer>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

*Prepared by: Nova Scotia Health Cancer Care Program
NSHCCP4054 © January 2024 Nova Scotia Health Authority*

This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.

If you have any questions, please ask your health care provider.