

- We will make you as comfortable as possible. You will be required to lie flat with your arms above your head. You may wish to practice this position at home with a pillow. A cushion will be available to place under your knees if required.

How long will it take?

- The scan itself only takes a few minutes but your appointment in total may take up to 30 minutes.
- There is a waiting area with a toilet, should you need it.

Please aim to arrive 5 - 10 minutes before your appointment time to prepare you for your scan.
We may not be able to scan you if you arrive late.

After my scan

Once you leave the scanning unit, you are able to drink, eat, drive, and work as you usually would.



Are there any side effects?

There are no known side effects from having a low-dose CT scan.

When will I get the results?

- A specialist doctor (called a radiologist) will look at your scan.
- You and your doctor should get your results within 4 weeks.
- Because the scan looks at your chest, we sometimes find different things.
- If you need to do anything after the scan, your letter will explain what to do.
- As part of the Lung Cancer Screening Programme, you might be asked to come back for more scans to check your lungs.
- It's important to go to these appointments, because changes in your lungs can happen quickly, including new signs of lung cancer.

Your personal data

- We know that your personal information is private.
- We understand it's important to keep it safe and treat it with care and respect.

Contacting us

If you need to change your appointment, require this information in a different format, or if you have any questions, concerns or feedback, please contact our **support team on 0330 236 8484** or **email xyla.ctscanbooking@nhs.net**

Phone lines are open Mon - Fri: 8am - 7pm
Saturday: 9am - 5pm

Further information

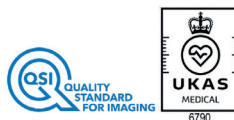


Scan this code to visit the **Roy Castle Lung Cancer Foundation** and find out more about lung cancer and the programme.

<https://roycastle.org>

If you'd like to see a video of someone having the scan, please scan this code on the right.

<https://www.youtube.com/watch?v=DE257Iz41F4>



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Low-Dose CT Scan

A guide to your Lung Cancer Screening scan



After you've read your letter; use this space to write down your appointment if helpful:

Date: _____ Time: _____

Location: _____

What is a CT scan?

CT stands for computed tomography and during your appointment, the scanner will take a detailed image of your chest. It uses X-rays to show a cross-section - or 'slice' - of your chest so we can check your lungs are working as they should be.

Who will I see?

- Your appointment will not be in a hospital. It will be in a special mobile scanning unit, which is a small clinic inside a big van. This van may be parked in a supermarket or retail car park. There is often free parking available there.
- A small team of radiographers (X-ray staff) will look after you during your visit. One of them will do your scan. Our staffing team are male and female but if you would like an all-male or all-female team, please just ask.
- Before you go, make sure you have been provided with details of exactly where the scanner is, so you can locate it easily.

Is it safe?

- Doctors recommend that people aged 55 to 74 who have ever smoked have their lung cancer risk assessed and will only have a CT scan if it is to your benefit.
- CT scans use low doses of radiation to take the picture. Any associated risks are considered to be very small.

Do you need any extra help?

Please let us know by ringing our number **0330 236 8484** if you need any extra help, such as:

- ☒ If you use a wheelchair
- ☒ If you have trouble hearing
- ☒ If you have trouble seeing
- ☒ If you are anxious
- ☒ If you need translation support

Before my scan



Please leave any valuables at home, like jewellery. If you forget, you will be asked to remove it before your scan.



Wear comfortable, loose-fitting clothing (but not long, flowing clothes), non-wired bra and suitable shoes that don't have metal buttons or metal zips.



Fill in your safety questionnaire and remember to bring it with you to your appointment. We will make sure you feel comfortable before the scan takes place.



Please tell us if you have any additional needs or would benefit from reasonable adjustments. If you would like a longer appointment, you are hard of hearing, you have poor eyesight, you are claustrophobic, or you need a translator, just let us know. If you have a Health Passport, bring that with you.



If you use any walking aids or a wheelchair, please bring them with you. There is a lift at the unit if you need to use it.



You are welcome to bring a carer, friend, or family member (over 18) with you if you need their support, but they can't be in the room with you while you are having your scan.



Please be assured that our staff are there to assist you throughout your appointment.

What happens at my appointment?

- You will need to use a metal staircase to get into the mobile unit. If you can't use the stairs, there is a lift you can use instead. Just ring the doorbell at the bottom of the stairs if you need any help.
- We will check your safety questionnaire or support you to fill it in if you haven't already.
- You will have the chance to ask any questions you may have.
- You will be asked to remove your coat, and if you need to remove any other items of clothing for your scan, you will be given the time and privacy you need.
- Your height and weight will be measured and then you'll be taken to the scanning room and asked to lie down on the scanner bed.
- We will move the bed slowly so we can position your chest under the scanner camera.
- Your arms will have to remain above your head for the duration of the scan. If you think you may have difficulty in doing this, please let the team know.
- During the scan we may ask you to hold your breath for up to 15 seconds. You may want to practise this before your appointment.
- Although the radiographer operating the scanner is not in the scanning room with you, they'll be able to see you throughout your scan and talk to you over the intercom if needed.



Will it be uncomfortable?

- The scan will not cause any pain. When in operation, the scanner can be a little noisy and sounds like a washing machine. This does not last long and no hearing protection is required but please bring some if needed.