



Prepare for your lung cancer screening:

What to expect during a low-dose computed tomography (LDCT) scan

In this booklet, you'll learn about:



How to prepare before your LDCT scan



What to expect during your LDCT scan



Questions to ask your doctor about the LDCT scan process



Before your LDCT scan: How to prepare





An LDCT scan is painless and quick – it takes less than a minute. Each hospital or lung cancer screening program may be a little different, but this describes what you can usually expect.

At home, there are no special steps to prepare

You do not need to follow any special steps. You can eat and drink as you usually do. You do not need any dyes or shots for the scan.

Tips to relax while waiting for your LDCT scan

It's normal to feel nervous or anxious before a scan. Here are ways to relax in the waiting room:

-  Bring a book or magazine to read
-  Focus on taking deep breaths
-  Count to 4 slowly to distract yourself
-  Listen to music

Remove any metal you're wearing

Metal can affect the images. You may want to wear clothes that don't have metal buttons or snaps, and a bra without underwire. You will need to remove any metal, such as:

- Jewelry
- Glasses
- Hearing aids
- Dentures

The scan technician may ask you to change into a hospital gown.

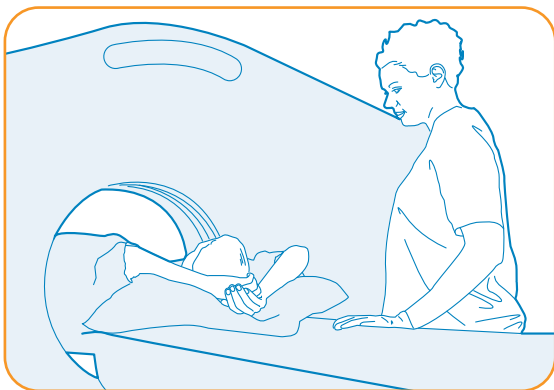


During your LDCT scan: What to expect

The technician will get you ready for the scan

To set you up for the LDCT scan, the scan technician will have you lie on your back on the scan table. They will position you on the table, and may give you a pillow to make you more comfortable.

The technician will then move to a separate room where they can still see you and talk with you.



The scanning will start

The table may move to get in the correct starting point for the scan. There are different types of scanners. Based on the type of scanner, the table you're lying on will either:

- Move slowly through the opening of the scanner
- Stay still while the scanner moves around the table



The scanning will last less than 1 minute

During the scan

During the scan, you:

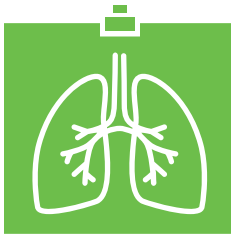
- Will need to lie very still
- Will be asked to hold your breath for a few seconds, which helps take clear images of your lungs
- May hear whirring or knocking sounds
- May feel the table move through the scanner

After the scan, you can go about your day as usual

When the scan is finished, the technician will help you off the table. You can go about your day as usual.

A computer combines the images and sends to a doctor for review

A computer combines the LDCT scan images to create 2D (2-dimensional) and 3D (3-dimensional) images of your chest. A radiologist (imaging doctor) will review the images to look for anything abnormal, such as a round or oval-shaped spot in your lungs called a lung nodule.



Questions to ask your doctor about the LDCT scan process



These questions may help you talk with your doctor. It may be helpful to write down other questions you have.

- 1 Where will I go to get the LDCT scan?
- 2 How do I prepare for the LDCT scan?
- 3 What will happen during the LDCT scan?
- 4 How long will it take to get my scan results?
- 5 How will I get my results?

Write the question numbers and your doctor's answers here

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Booklet 1 Learn about lung cancer and your risk of getting it

Booklet 2 Lung cancer screening can find cancer early and save your life

Booklet 3 Should you get screened for lung cancer? Talk with your doctor to decide

Booklet 4 Lung cancer screening and health insurance: Know what insurance will cover

Booklet 6 After your lung cancer screening: Understand your low-dose computed tomography (LDCT) scan results and next steps



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Published September 2021