

Gerda, the Brave Giraffe!

Helping you and
your child prepare
for a CT exam

CT



Hi there!


Welcome to your CT book.
Reading it can help you get ready for your CT exam.



JOIN IN!

When you see this symbol, you can help
the story along!

Whether tilting, searching, swiping or clapping,
we invite you to actively join in.



This symbol lets you know there may
be an audio book or song available.
Just scan the QR code to start listening!



Hello! I'm Gerda, the little giraffe.

I love to zip around the jungle all day
so much, that my mom likes to say:
"Gerda, will you just stay
in one place for dinner today?"

She wants me to grow big and tall
so she makes my favorite food of all.
The thing I like most to help me grow
is very yummy, green Jell-O®



She has me taste
the many things she bakes.

But when she pulls out the pot
I'm fixed to my spot.

Watching and waiting
for the Jell-O she's making!

She stirs and stirs and stirs
I race around the kitchen – in a blur.



Oh no, I am so delighted,
I got overexcited!

I run into mom and her pearl necklace breaks.
That was quite a big mistake.

But mom just laughs and smiles,
she says, "Now please slow down for a while!"

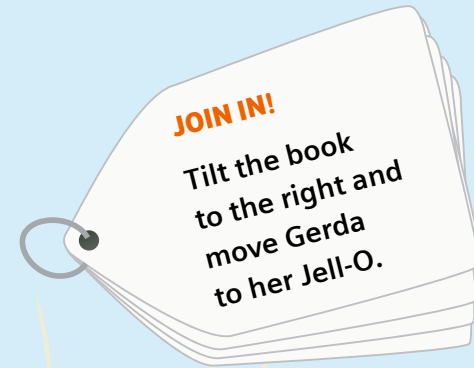




Now, finally! The Jell-O is ready.
She spoons it out nice and steady!

But for a giraffe, I'm rather small.
"Mom! Mom!" I call,
"I'm not quite able
to reach across the table."

She can't hear me, but wait...
Could you help me get to my plate?





Thank you, thank you!

I always knew,

I would have a friend like you!

My mouth is so messy, such a tasty delight.

It's all over my chin, on the left and the right.

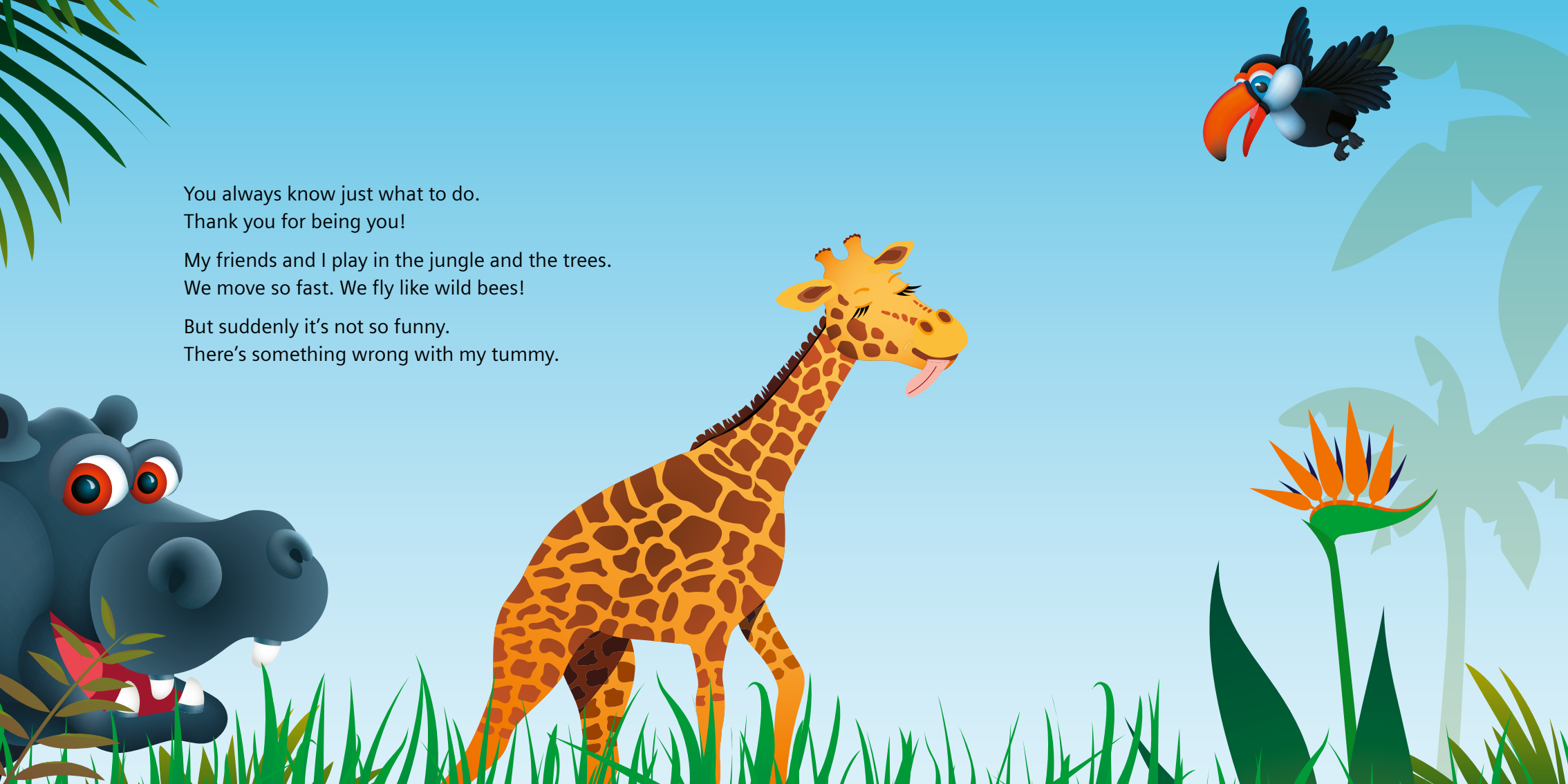
JOIN IN!

Wipe your hand
over Gerda's mouth
to help her clean it.

You always know just what to do.
Thank you for being you!

My friends and I play in the jungle and the trees.
We move so fast. We fly like wild bees!

But suddenly it's not so funny.
There's something wrong with my tummy.

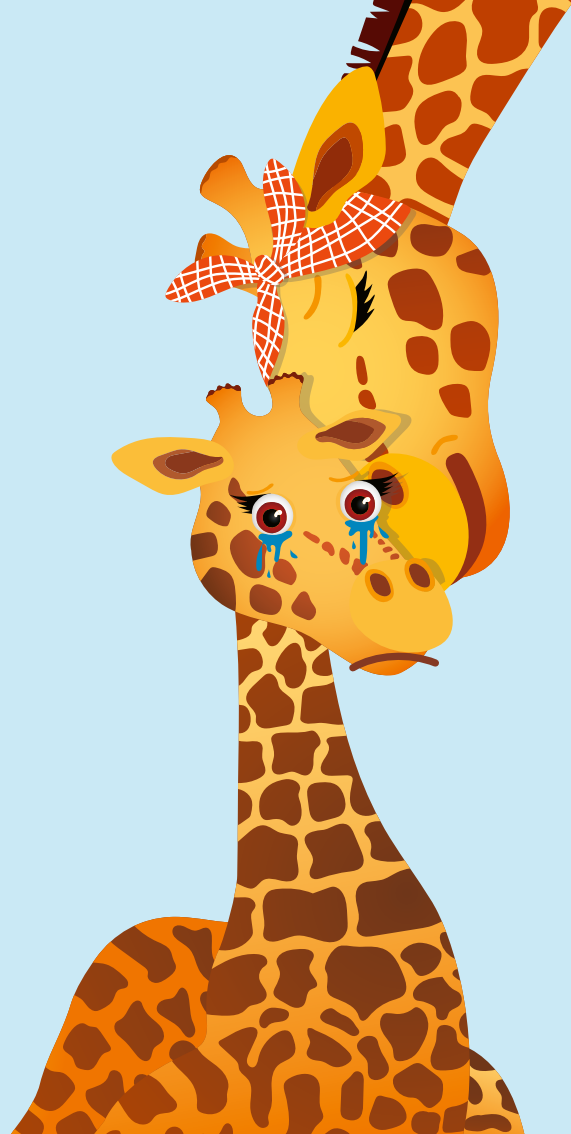




It hurts so much, it makes me cry.
I need to find my mom and ask her why.



I see my mom and my tears start to fall.
Did some of the pearls fall into the Jell-O after all?





My mom takes me to see Dr. Grape.
She says he's like a superhero without the cape.

But Dr. Grape can't look inside my tummy with just his eyes.
He says there is a CT
that provides the images that will be the key
to fixing my tummy and helping him see.



It looks like a magic tube and
doesn't hurt anyone, big or small.
It'll be over in no time at all.

What is that cool thing?
It shines like metal, like a silver ring.
This magical tube, you see,
lets Dr. Grape see inside of me.
"Gerda, don't be afraid! Trust me.
Soon, you'll feel better. You'll see!"





At home, mom reads me a book
about the magic tube. Here, take a look.

My mom reads so well and is so caring.
It makes me feel much more daring.

The time has finally come, I know.
Everyone is getting ready to go.

We're off to the hospital, to radiology.
It's my first time. I can't wait to see!



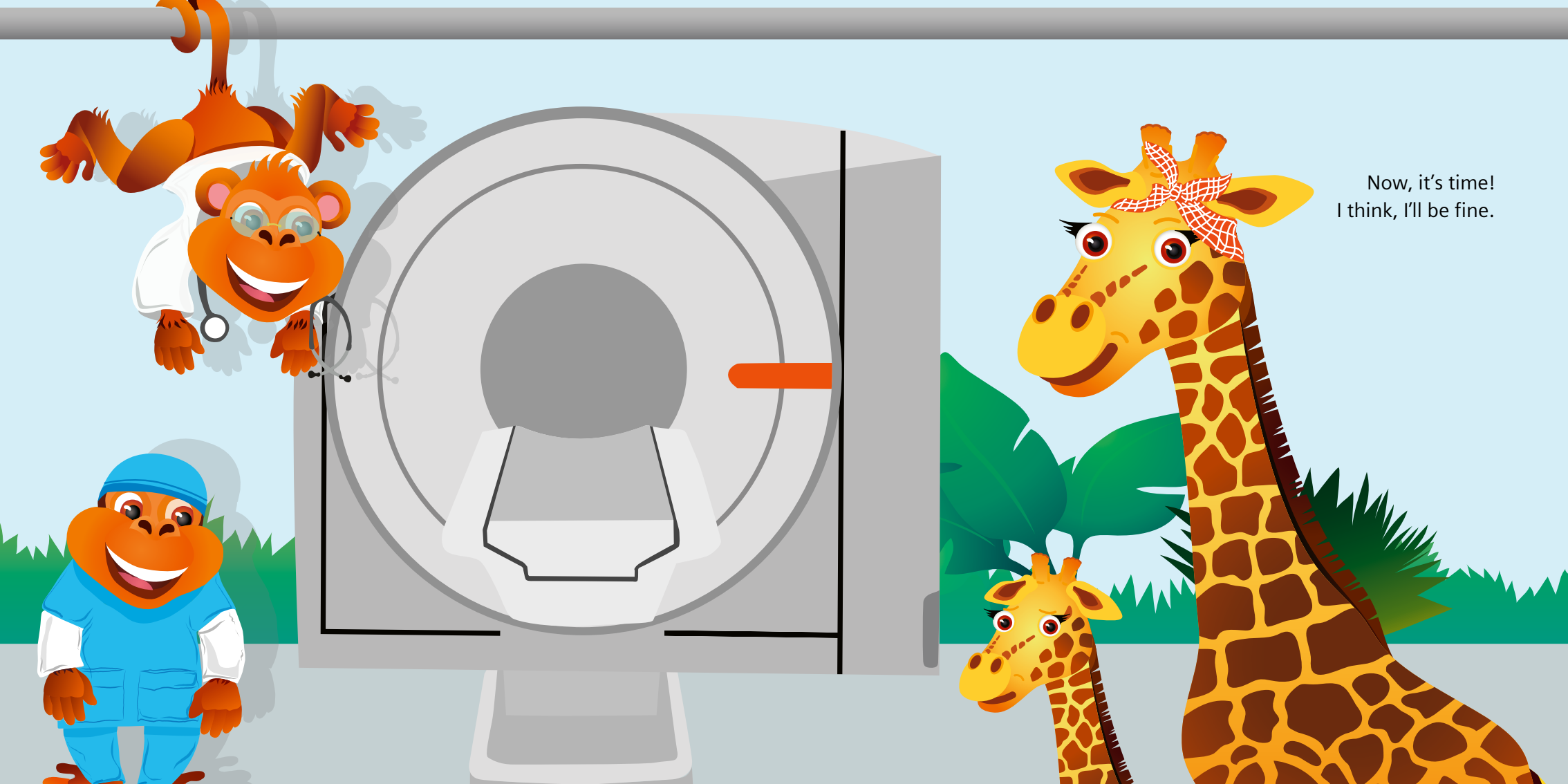
Metal's no good in the scan,
So out it comes, that's the plan
Empty my pockets, one by one.
Now we're ready
let's get this done!



JOIN IN!

Everyone is
wearing something
that can't go in
the magic tube.
Can you spot the
metal objects?

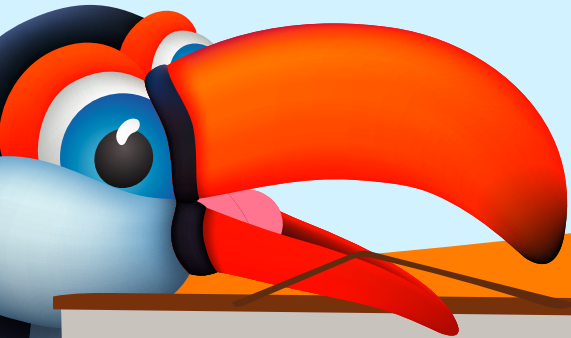




Now, it's time!
I think, I'll be fine.

First, they give me contrast agent, a magic potion
to see what's inside with a special notion.

Just one little warm pinch, but I'm not scared.
Dr. Grape is in the room with me, right there.



Tuki Toucan said the magic potion
might feel a little like a cold ocean
or maybe like liquid ice cream.
He's right! I like to picture it, like a dream.



"Be brave Gerda," I say.
"It's only one part of your day."

I lie still on the table
for as long as I am able.

Right away, the table moves
into the magic tube.

Together, with my teddy.
We are ready.

JOIN IN!

Swipe your hand to
the right across the
table to slide Gerda
into the magic tube.



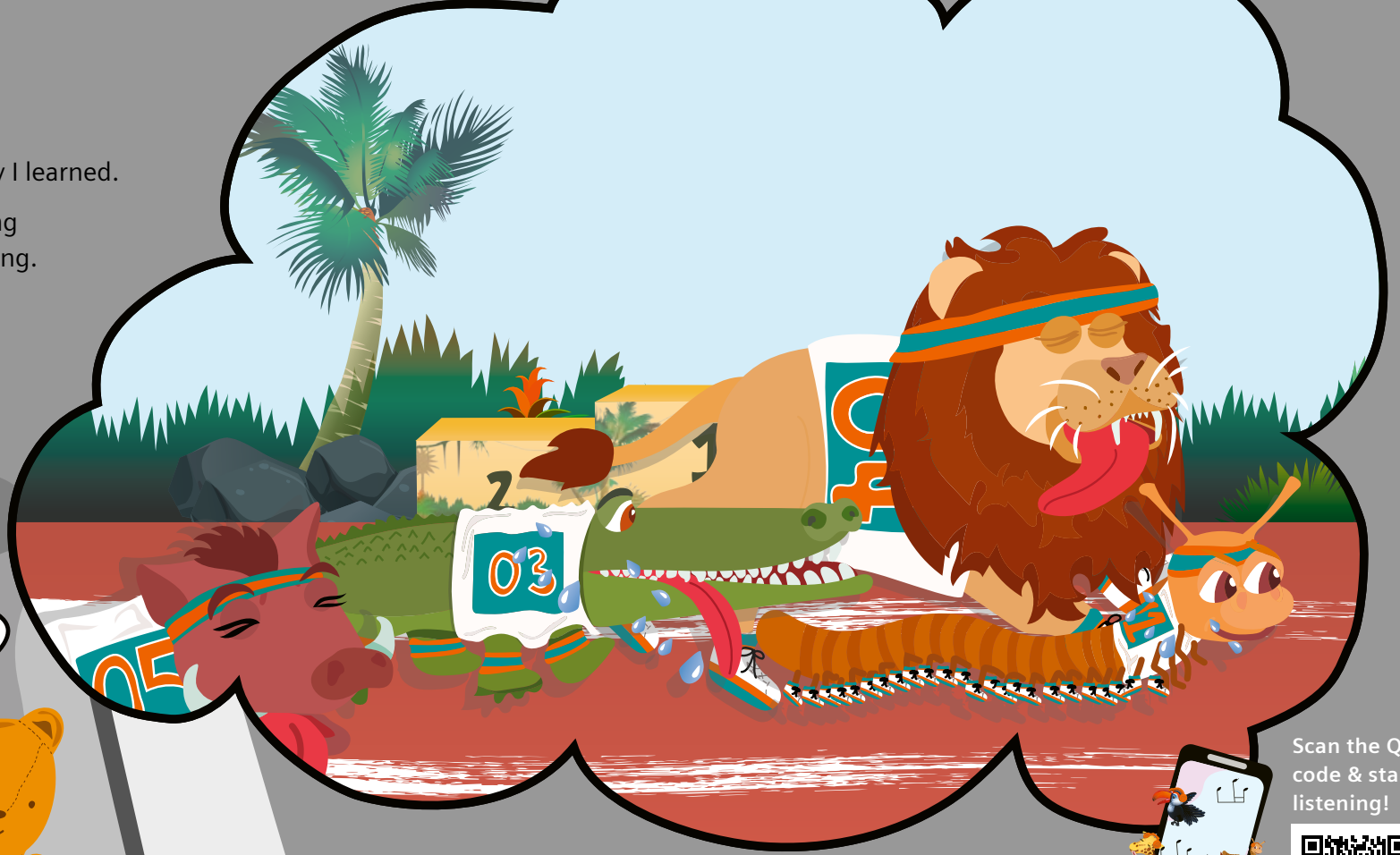
Dr. Grape pushes the button with care.
The machine takes pictures to see what's there.

Do you want to try it? Take a look
and push start in your book.

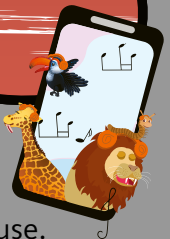


I stay very still and try not to turn.
Sometimes I hold my breath, the way I learned.

Teddy makes me feel brave and strong
and that helps me not move for so long.



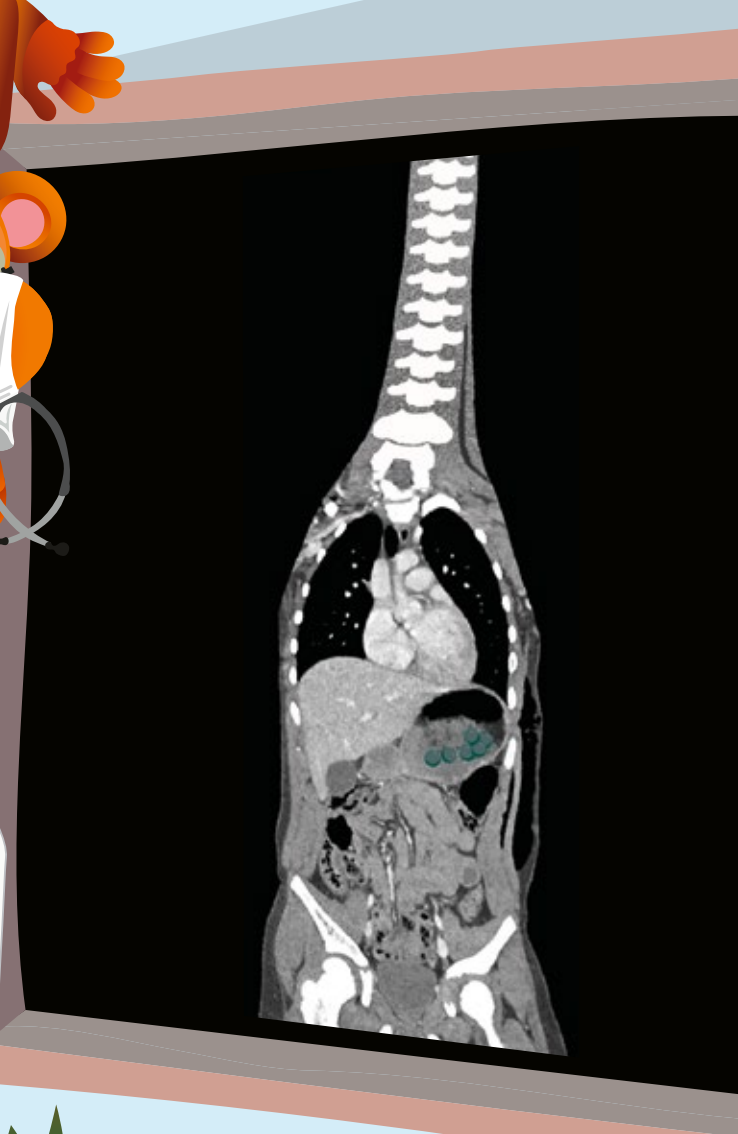
Inside the magic tube, I'm quiet as a mouse.
I imagine adventures in the jungle near my house.



Scan the QR
code & start
listening!



Hurray! The pictures are done.
I can get out of the tube and have some fun.
I see the pictures, which are so clear!
They make so many details appear.
We're looking inside my tummy
and we can see mom's pearls – not so yummy!



Dr. Grape says I am so brave.
He gives me a medal I can save.



The doctor says the pearls will come out on their own
when I sit on the toilet inside our home.

So mom and I go back to the jungle
and when the pearls come out, she lets me tumble.

With my friends, I jump and run
and get back to our usual fun.





For parents

An explanation of your child's CT examination

The purpose of this book is to help children and their parents better understand how CT works and get ready for their exams.

How does a CT examination work?

Computed tomography is a procedure with which detailed images of the inside of the body can be made with the help of X-rays. Selected areas of the body are depicted in extremely thin layers on a computer. Certain areas in the body react differently to X-rays. Denser tissue allows fewer X-rays through. That means the rays are attenuated differently by the body's tissues and are then emitted back out of the body. These emitted rays are converted into measurable signals, forwarded to the computer and converted there. The end result is an image which consists of various shades of gray. This allows the doctor to identify anomalous tissue and structures.

Computed tomography offers many options with respect to examining children, for instance, imaging the lungs or heart. The radiation dosage should be as low as possible, however, an informative diagnosis must be ensured.

Modern CT scanners reduce the radiation exposure for patients to the lowest possible amount so the health benefits outweigh the risks.

When is contrast agent required?

Some children will be given a contrast agent during the examination. This fluid makes tissue and organ structures more visible. This allows doctors to see endangered or inflamed areas particularly well on the images. The contrast agent is taken orally with adequate fluid or administered via an intravenous line. The agent has proven tolerable in the past.

Since the agent contains iodine, the doctor will first ask about any potential thyroid or kidney diseases. The doctor must also be informed of any known allergies, as the agent can result in skin irritation or nausea in rare cases.

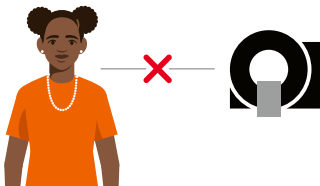
The body eliminates the contrast agent within a short period of time on its own.

Reminders for your CT exam

- 1 On the patient sheet, you provide information that is important with respect to your child's examination. To more clearly identify structures in the body, your child might be given a contrast agent.



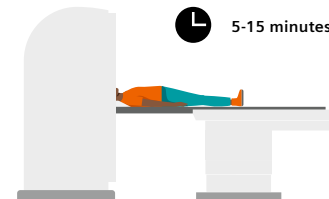
- 2 Your child must remove all metals (e.g. jewelry, buttons, ...) in the examined area because metal influences the quality of the image and scans may otherwise have to be repeated. If your child has implants like retainers, please notify the technicians.



- 3 The patient is slowly moved through opening of the CT tube. Depending on the doctor's/ technician's instruction, the child must lie on their stomach, back or right or left side.

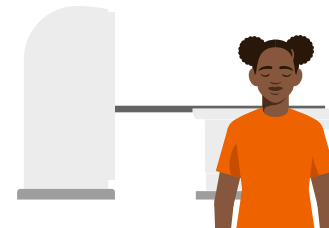


- 4 The actual examination takes between 5 and 15 minutes; if contrast agent is administered, 20 minutes. In general, two to three scans are made which each take only a few seconds. To ensure good image quality, the patients should lie as still as possible and not move. To relax, the child can do the recommended breathing exercises. While the images are taken, your child will hear a quiet hum.



What does a CT examination feel like?

- 5 Your child cannot feel the examination itself. The confinement of the tunnel can be unfamiliar which is why many patients feel better if they close their eyes. If contrast agent is used during the examination, the area may feel warm as the agent runs in.



The most important points, in brief

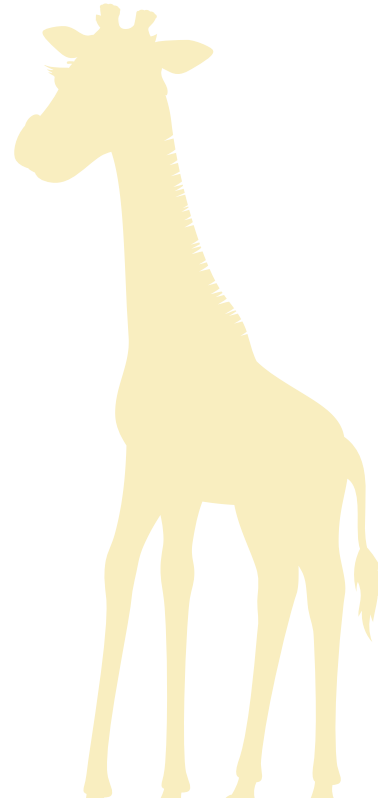
An CT examination is a safe and effective method to identify of illnesses and changes in the body, so the best possible treatment can be provided.



Scan the QR code
& start listening!

Tips for a positive experience

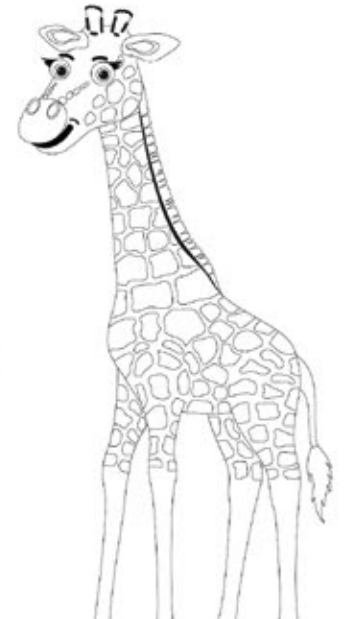
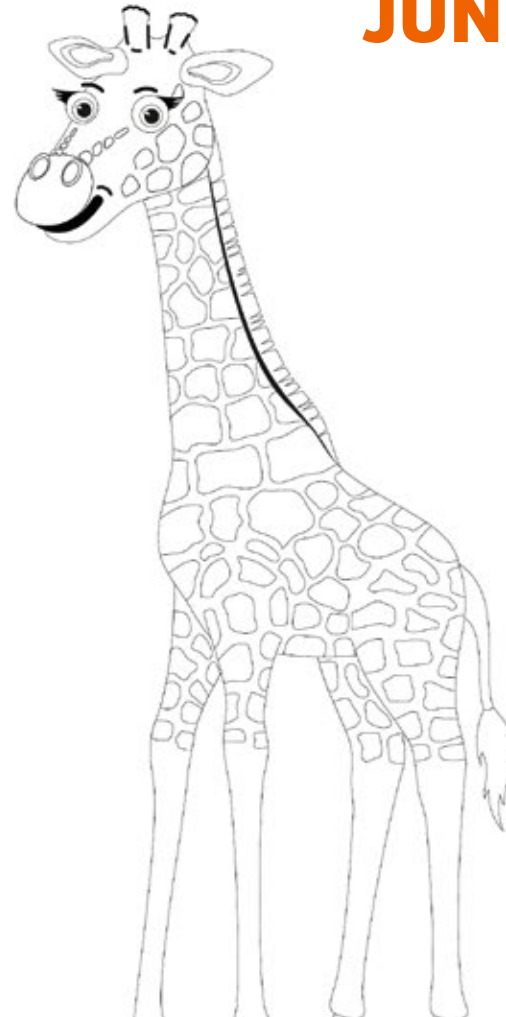
1. Wear comfortable clothing. Children should wear clothes without metal buttons, zippers, or decorations that contain metal.
2. Bring a favorite stuffed animal (without metal parts).
3. Ask if audio books or music you bring with you can be played during the exam.
4. Be sure to follow instructions regarding eating and drinking before the exam.
5. Parents, be confident and relaxed. Your attitude will rub off on your child.
6. Praise your child after the exam.





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