

## Contact Us

730 Welch Outpatient Lab      650 725 9302

Audiogram scheduling      650 498 4327

CF Nurse Line      650-736-1359

DXA scan/Bone Mineral Density

Stanford Children's Imaging (Sunnyvale)

650-497-8376

\*Call this location when scheduling your first DXA

Stanford Health Care Imaging (Stanford Hospital)

650 723 6855

\*Call this location if you have had previous studies performed at Stanford Hospital

Pulmonary Function Lab      650 497 8655

Radiology (Liver Ultrasound)      650 497 8376

Short Stay Unit Scheduling      650 497 8953

If you need assistance with Scheduling, call:

CF Clinic Office Assistant: 650-498-2655

**Please note: upon scheduling your tests, you will receive location confirmation via phone or email.**



**The Stanford Cystic Fibrosis Center at  
Lucille Packard Children's Hospital  
Stanford**

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Redwood City, CA 94064

# Pediatric CF Annual Studies



**THE STANFORD CYSTIC FIBROSIS  
CENTER AT LUCILLE PACKARD  
CHILDREN'S HOSPITAL STANFORD**



## **How will I know the results of these Studies?**

We will call you with any abnormal results, usually within a couple of weeks.

Study results will also be available on My Chart once the results are released.

If you have any questions about any of these studies, don't hesitate to ask your CF team.

## **What are Annual Studies?**

Annual studies are laboratory blood and specialized tests that are part of routine cystic fibrosis (CF) monitoring.

The tests performed are based on the standards of care at the Stanford CF center and the guidelines developed by the CF Foundation.

## **Why are annual tests performed?**

Children with CF are at risk of developing a number of complications which can be silent at their onset and progress unnoticed. Through laboratory testing we can detect this before any significant problems have developed and also monitor for their potential progression as the years go by.

## **When are annual tests performed?**

Annual studies are performed at or around your child's birth date *every year*. You will receive a phone call prior to your clinic visit to remind you that annual tests are needed. You have the option to have these test scheduled on the day of your annual clinic appointment or spread out prior to or following your clinic visit.

## What tests will need to be performed?

### After 1 year of age



**Chest X ray:** This will help to see if there are any signs lung changes and infiltrates or other signs of infection or mucus plugging in your child's lungs.

**Blood Testing:** This will check for signs of anemia or infection, fat soluble vitamin deficiencies, allergies, liver disease, kidney disease, salt deficiency, and pancreatic disease.

### After 6 years of age

In addition to the tests above, your child will need:



**Liver Ultrasound\*:** Children with CF are at risk for liver disease. The Ultrasound is a sensitive way of checking for any liver abnormalities.

**Audiogram:** Some medications used to treat CF can affect hearing over time so it is important to have a baseline assessment for any hearing deficits and monitor it over time.

**Oral glucose tolerance test\*:** Children with CF are at risk for glucose intolerance and diabetes. This test helps to detect glucose abnormalities, hopefully before diabetes has already developed. This can be performed in the Short Stay Unit where an IV is placed for the lab draws so pokes are minimized.

*\*If your child is pancreatic sufficient these tests are not needed.*

### After 8 years of Age:



In addition to the tests above, your child will need:

**Comprehensive Pulmonary Function:** This is a set of pulmonary tests that provide more detail than the regular spirometry test done in clinic. We will be checking your child's response to bronchodilator, lung volumes, and diffusion capacity. The test is performed in the PFT laboratory in the west wing of the Hospital.

### At 12 years of Age:

In addition to the tests above, your child will need:



**DXA Scan:** This is a test for bone mineral density that permits us to check if your child's bones are building their thickness properly. This is important to assess because children with CF are at risk for osteopenia and osteoporosis, which weaken the bones and make them

prone to fractures.

*If the DXA results are normal the test will not needed again for another 3 years.*