

Cardiac Clinic- Outpatient Echo

Boy Version

My Hospital Story



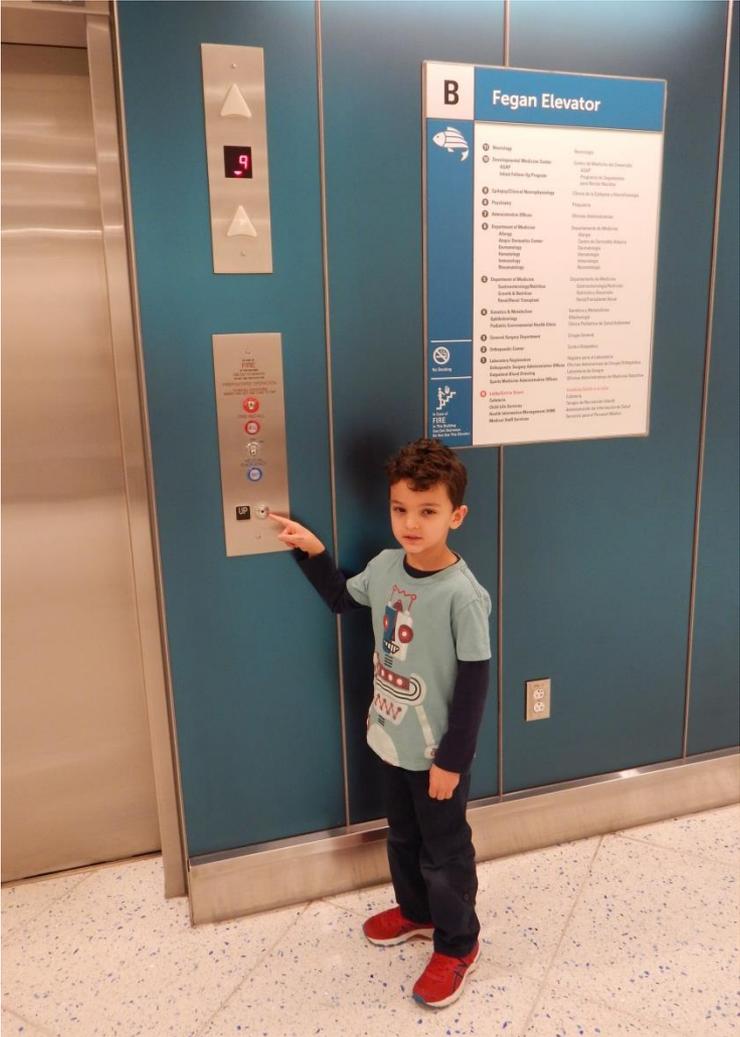
Boston Children's Hospital

December 2016

I am getting ready for my echo at Boston Children's Hospital. An echo is a picture of my heart. My doctors want to take a picture to learn about how my heart is working.



First, we will walk from the hospital lobby to the Cardiology Clinic on the 2nd floor of the Farley building.



Next we will walk to the front desk and stand very still while my parent tells the front desk worker we have arrived. Then we will wait until I hear someone call my



When it is my turn we will walk to a new room. I will stand on a scale to see how much I weigh. I can remember to stand very still.



Then, we will see how tall I am. I will stand very still with my back against the wall and looking forward with my eyes. A measuring glass will touch the top of my head.



Next, a nurse will bring me to a room. I will take off my shirt, but I can leave my pants on. If I want, I can put on a hospital gown. The gown stays open in the front. My parents can help me put the gown on if I want.



Then, it will be time for my echo. The echo technologist will come say hello to me. This is the person that will take the pictures.



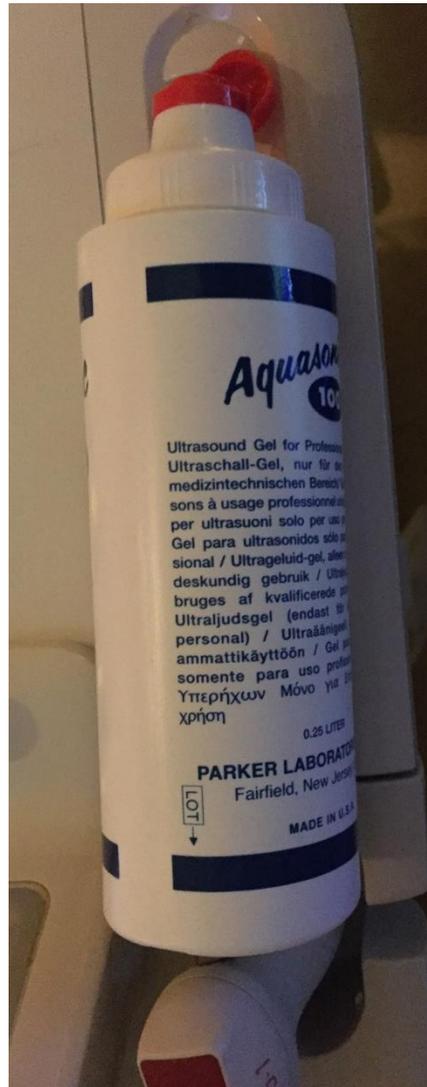
The room will need to be dark so the echo technologist can take the pictures.



The echo technologist will put 3 small, round, white stickers on my chest. The stickers are called leads. The stickers on my chest will be hooked up to the echo machine so it can take the picture. The stickers might feel cool on my chest.



The echo technologist will put "belly jelly" on the end of the special, small camera. The "belly jelly" helps the special camera glide over my belly and chest area. The belly jelly might feel a little warm.



If I want, I can watch a movie while having my echo. My parents can bring a movie from home. Some kids say watching a movie really helps them during the echo.



If I want, I can also watch during my echo and see my heart on the computer screen. Some kids like to watch the screen during their echo.



My job is to stay still during the echo and watch my movie or watch my heart on the screen. I need to stay still so the doctor can get great pictures of my heart. If I want my parent can lay on their side with me and give me a hug during the echo test.



An echo can take up to 1 hour. When the doctor has all the pictures they need the echo will be finished. The technologist will tell me when the echo is finished.



When I am all done with the Echo, I can put my shirt back on. Everyone will be so proud of me for doing a great job!



Developed By:
Autism Spectrum Center & Child Life Services