

Peabody Allergy Visit

My Hospital Story



Boston Children's Hospital

September 2016

Today I am going to my Allergy appointment at Boston Children's at Peabody.



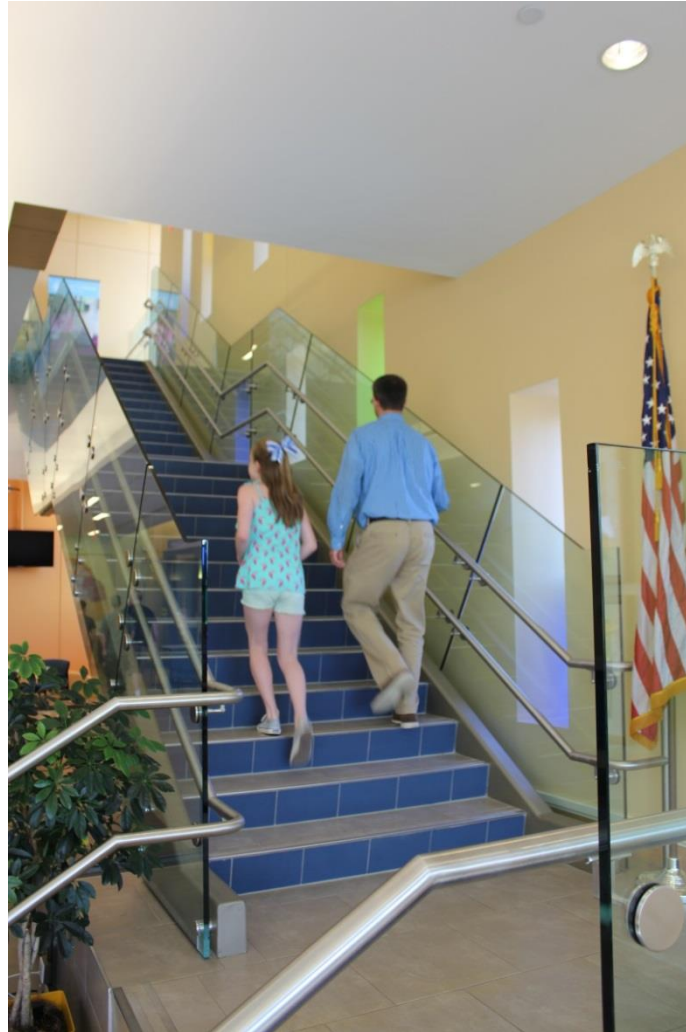
I will come into the lobby.



My mom or dad will check in at the Kiosk. I will do my best to wait quietly.



I can take the elevators or the stairs to the 2nd floor.



I will go to the waiting room through the big glass doors.



I may need to wait in line to talk with someone at the front desk to let the Doctor know I am here.



We will sit down and wait. We might wait for a few minutes, or we might wait for a long time. While I am waiting, I can read a book, check out the fish tank, or sit quietly. Mom or Dad can help me find something to do while I wait.



When my name is called, it is our turn to walk back to a small room to check my height, weight, and temperature. I will meet a nurse in the room. My nurse will talk with me and ask me some questions, like my name and my birthday.



The nurse will check my height. I will remember to stand still.



Next the nurse will check my temperature.



Then, the nurse will check my weight.



When we are finished in the small room we will walk to a different room.



I can sit in a regular chair next to my Mom or Dad, or I can sit on their lap.



Then the Doctor will come in to the exam room to see me and ask me and my Mom and Dad some questions.



Next the Doctor will listen to my heart and lungs with a special tool called a stethoscope.



Then the Doctor will look in my ears.
I will remember to stay still.



Next the Doctor will look in my eyes.



Next the Doctor will ask me to open my mouth so he can look inside.



The Doctor will look in my nose with a special light



The Doctor may decide to do a special skin test to find out what I am allergic to.



When it is my turn for the skin test, I will meet an allergy technologist.



She will bring a white plastic tray with a small drop of liquid on each tip. The liquid is a small sample of food, pollen, animal dander and there may be others as well.



The allergy technologist will ask me to take off my shirt. I can choose to get into a hospital gown if I would like.



I can lay on the table on my stomach by myself or sit on my Mom or Dad's lap.



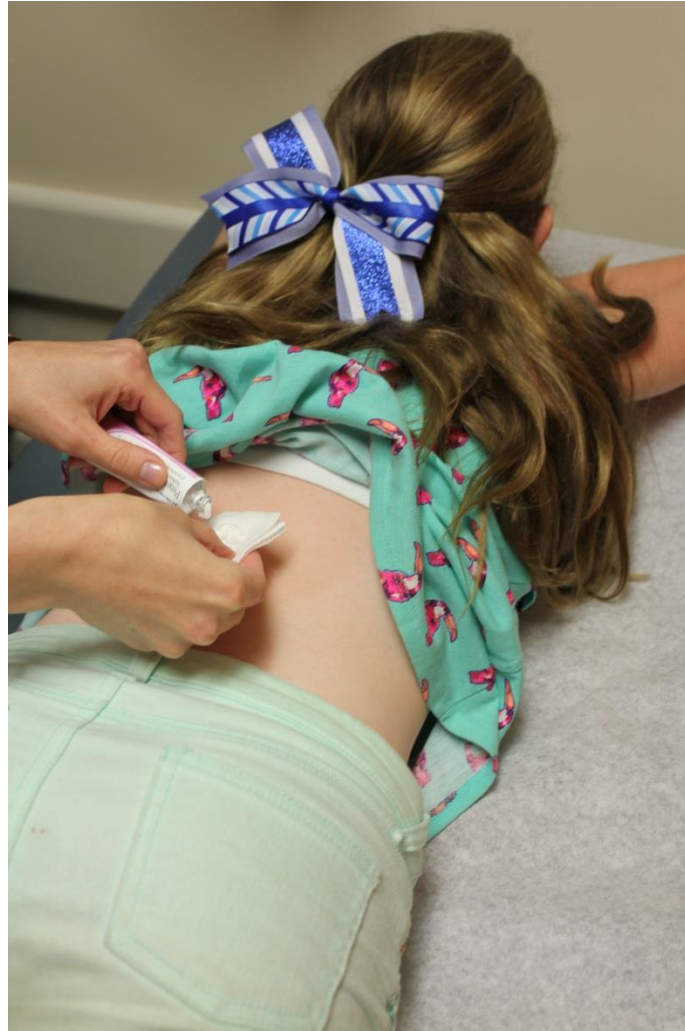
The allergy technologist will press the tray with the liquid tips against my skin on my back.



I will remember to hold still and not touch my back. I may feel itchy but I can watch a movie, read a story or color while I wait.



Next the allergy technologist will come back in my room and wipe off the liquid from my back. She will spread special cream on my back which will stop the itching.



My Doctor will come back in my room to talk with me and my Mom and Dad about the results of the skin test.



We will make a plan together.



Then the Doctor will say good bye. This means I am done. On the way out of the room, I can get a sticker, from the desk where we checked in, if I want to. Mom and Dad and my allergy friends will be proud of me for doing a good job with the test on my back.



Developed By:
Autism Spectrum Center & Child Life Services