I am getting ready to have a heart procedure at Boston Children’s Hospital.
Before my procedure day, I will go to the Cardiac Pre-Operative Clinic to meet with doctors and nurses who will help me and my parents get ready for my procedure.
When we get to the hospital, we will go to the Cardiac Pre-Op Clinic on the second floor.
We will walk to the front desk and stand very still while my parents let the front desk worker know that we have arrived. I will keep my body still and wait nicely.
The front desk worker will give me a bracelet with my name on it.
I will wait in the waiting room until my name is called. While I am waiting for my turn I can read a book, play with a toy, or do other activities.
When it is my turn a Clinical Assistant will say my name. I will stand on a scale to see how much I weigh.
Next, she will see how tall I am. I will stand with my back against the wall and my eyes looking forward. A measuring stick will gently touch the top of my head.
Then, I will have my blood pressure checked. The Clinical Assistant will wrap a piece of cloth around my arm. The cloth will feel tight, but that is ok. This is to see how my heart is working.
The Clinical Assistant will also place a special band aide on my finger called a pulse oximeter. This measures the oxygen in my body.
Next, she will check my temperature. She will use a thermometer to do this. She might touch the thermometer to my head and the side of my face, or the thermometer might go into my ear.
She will also want me to have an EKG. An EKG takes a picture of my heart so the doctors can learn how it is working.
When it is time for the EKG I will have to lie down flat.
When I am lying down, the nurse will place 13 small stickers called electrodes on my chest, back, arms, legs, and shoulders.
These stickers are connected by tiny wires to a machine that looks like a small computer on wheels.
My job is to stay still for a very short time while the EKG machine takes pictures of my heart. I can remember to keep my body still.
During the EKG, the computer will print out a piece of paper with squiggly lines on it that tells the doctor about my heart.
When the EKG is finished, the Clinical Assistant will take the stickers off of my body. I can help her take the stickers off, take the stickers off myself, or have my parent help to take the stickers off.
After my EKG I can go back to the waiting room and the nurse will tell me where I need to go next.
During my visit in the Cardiac Pre-Op Clinic, many things might happen. I will meet with different people.
I will meet with a nurse in a different room. My parents will come with me.
The nurse will talk to me and my parents about all the things I need to do before my procedure. My nurse will ask me and my parents some questions so my doctors know all about me. My parents might ask the nurse some questions too.
My nurse will examine me to learn more about how I am feeling.
She will listen to my heart and lungs with a stethoscope. This is to learn about how my heart and lungs are working. The stethoscope might feel cold, but this is ok.
On the day of my Cardiac Pre-Op visit, I will have to go to other parts of the hospital too.
I will need to go to the Blood Draw lab. I need to get blood work to help my doctor take care of me. I will walk to the lab with my parent.
I will also need to go to radiology to get an x-ray of my chest. An X-ray is a special picture that shows the doctors the inside of my body. I will walk to radiology with my parent.
I might also need an echo. An echo is a special camera that shows how my heart is beating. If I need an echo I will walk down the Cardiac Clinic with my parent.
I do not know who I will meet first, but I can ask my parent or nurse at the Cardiac Pre-Op Clinic “What is happening next?” if I would like to know.
After my Cardiac Pre-Op Clinic visit is finished, I will go home. I will come back to the hospital on the day of my procedure.
Everyone will be so proud of me for doing such a good job!