

# Echo- Cardiac Clinic

My Hospital Story



**Boston Children's Hospital**

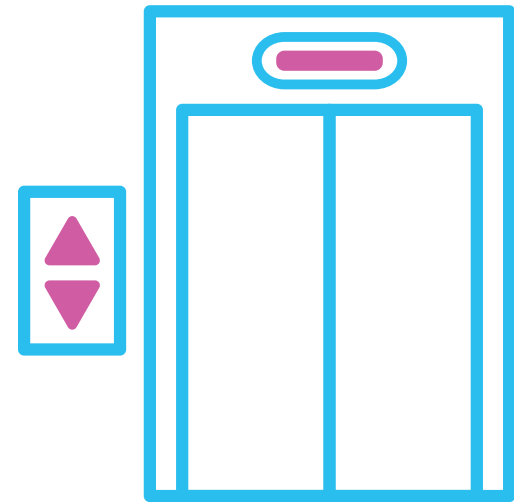
July 2023

I'm 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'll take the elevator to the Cardiology Clinic on the 2nd floor of the Hale building.



Then we'll talk  
to someone at  
the front desk.



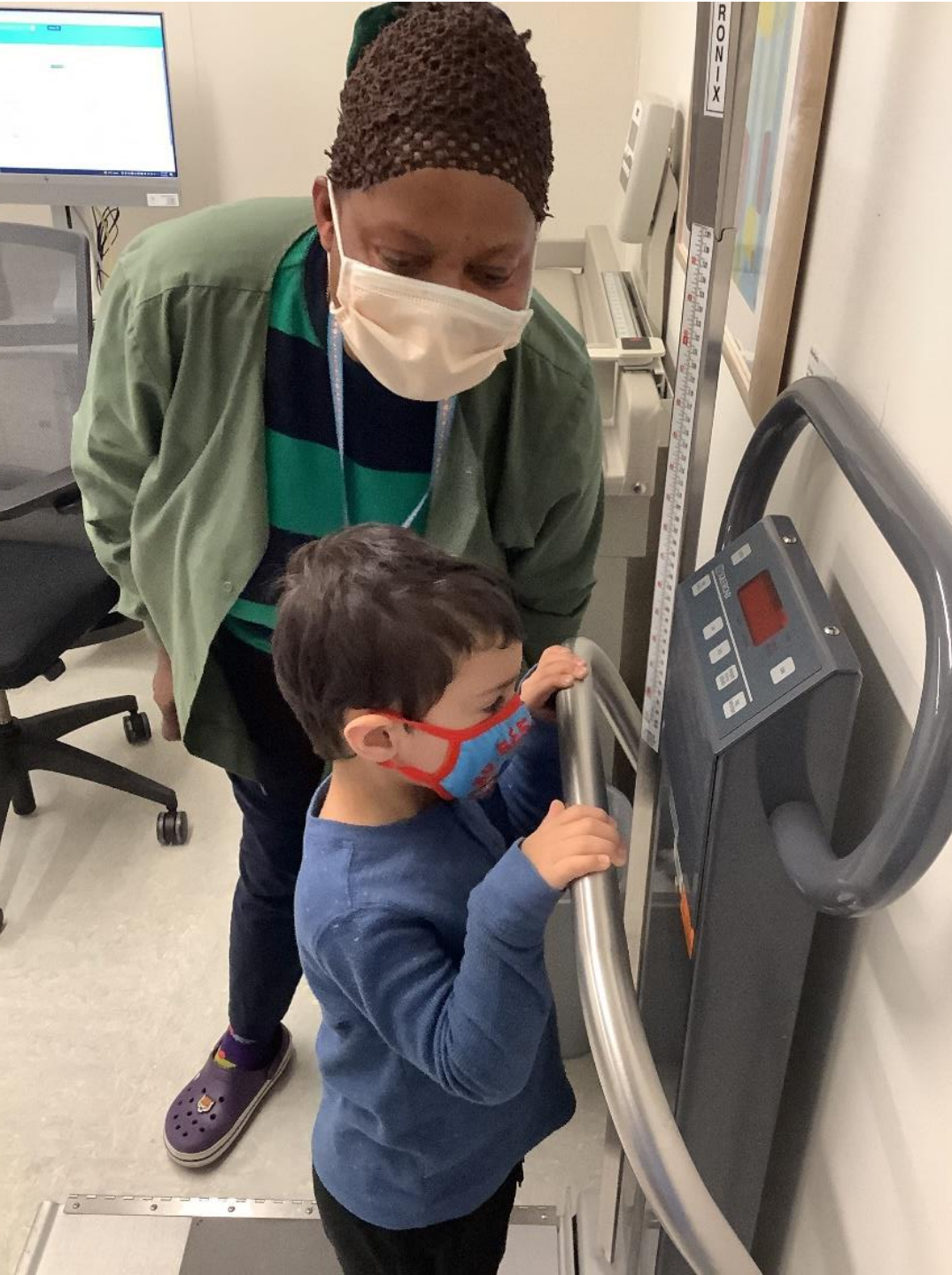


Next, I'll wait for my name to be called. I can sit and play quietly while I wait.



When it's my turn, we'll walk to a new room. I might sit on a chair to see how much I weigh.

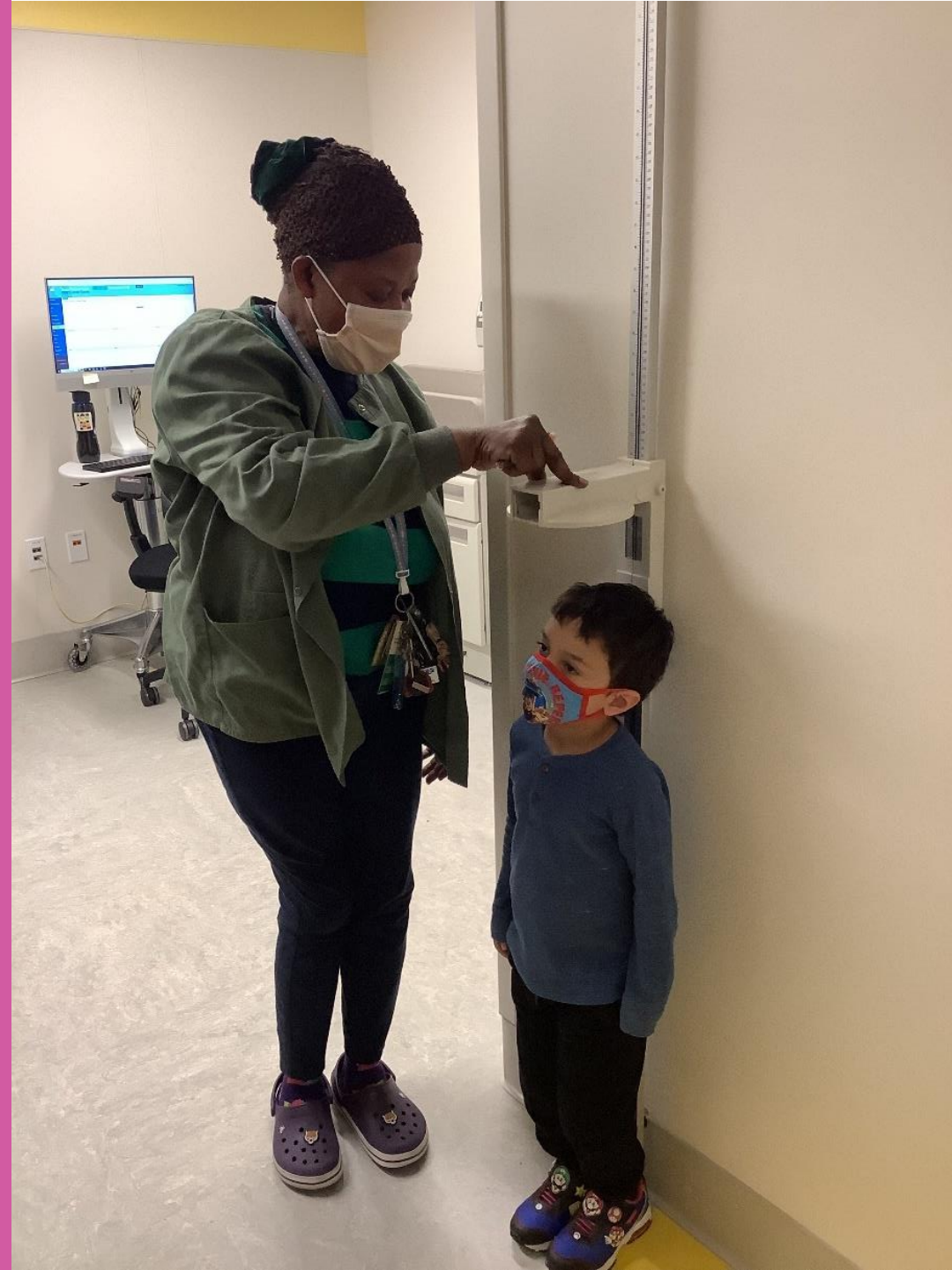
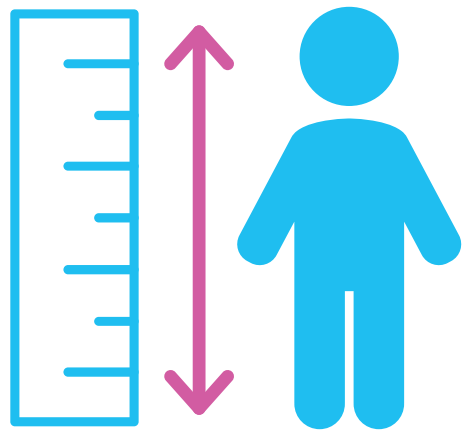




Or I might stand on a scale to see how much I weigh.



Next, I'll stand with my back against the wall to see how tall I am.







A nurse will bring me to a room. I'll take off my shirt and put on a hospital gown. The gown stays open in the front.

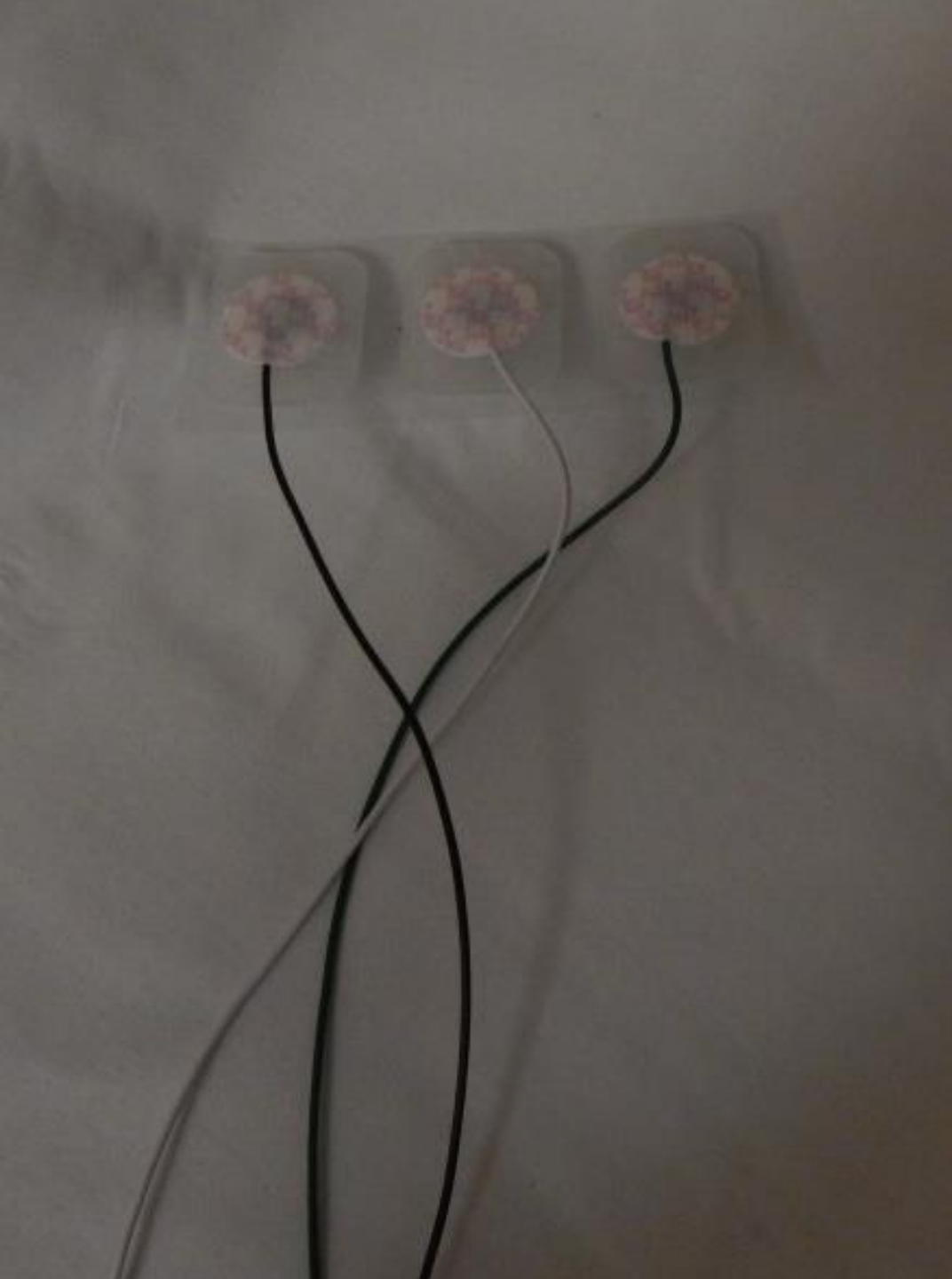


Now it's time for my echo. I'll meet my echo technologist. This is the person who will take pictures of my heart.

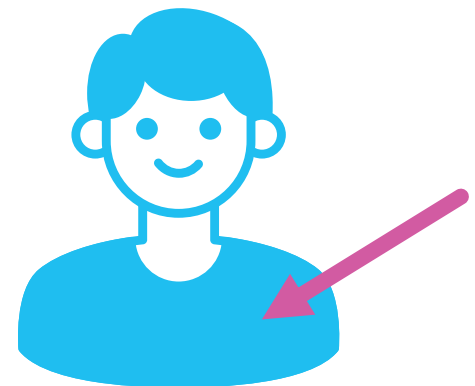


The room will be dark so the echo technologist can take the pictures.





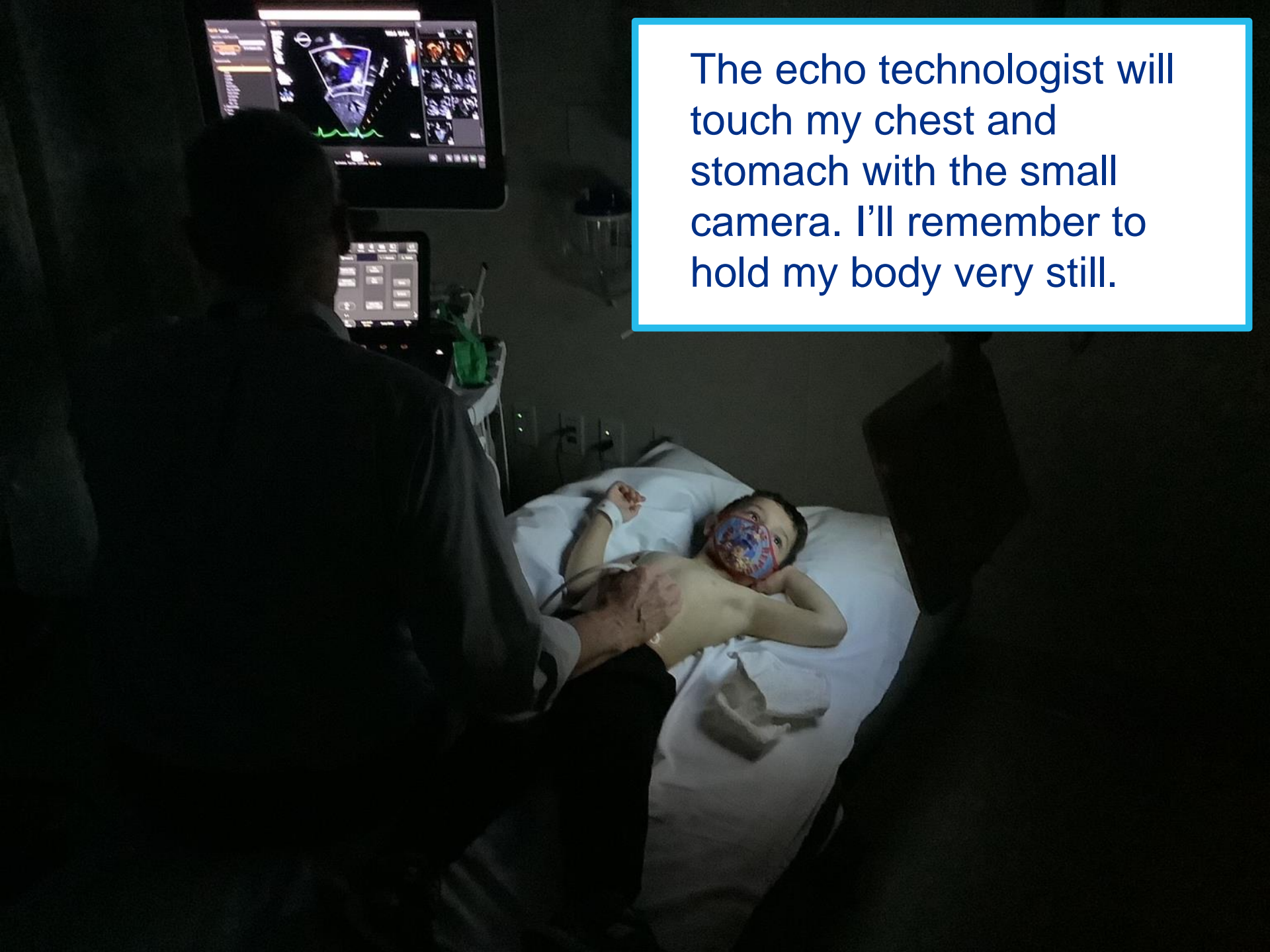
The echo technologist will put 3 small stickers called leads on my chest. The leads might feel cool on my chest.



The echo  
technologist will  
put gel on the end  
of a small  
camera. The gel  
helps the camera  
glide over my  
chest and  
stomach. The gel  
might feel warm.



The echo technologist will touch my chest and stomach with the small camera. I'll remember to hold my body very still.



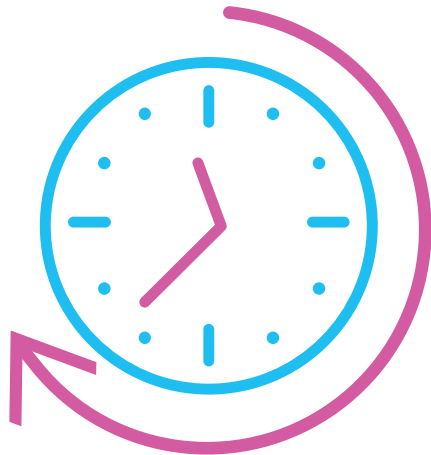


I can choose to watch a movie during my echo or I can watch the computer screen to see my heart.

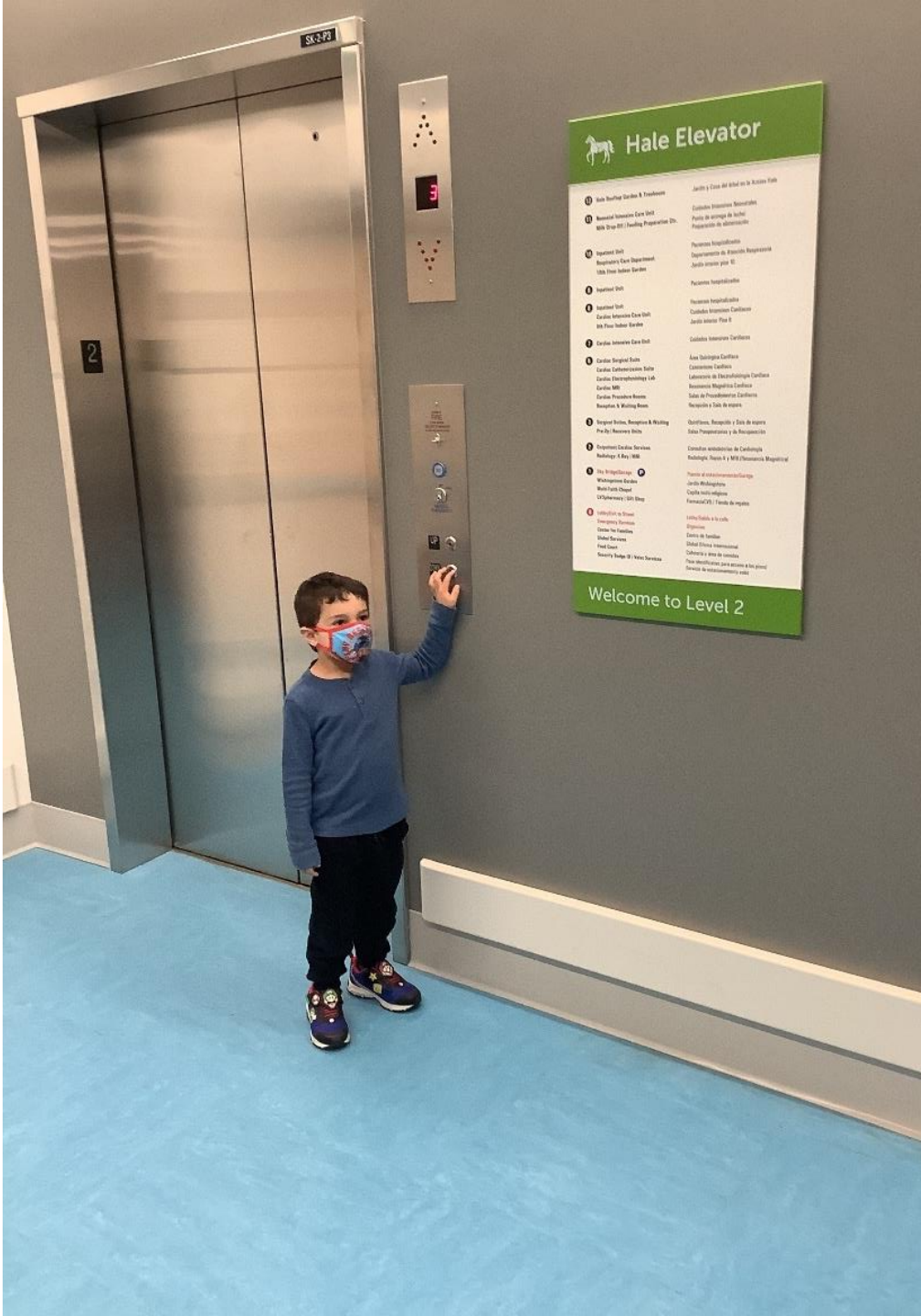


An echo can take up to 1 hour. When the doctor has all the pictures they need, the echo will be finished.

My technologist will tell me when the echo is over.

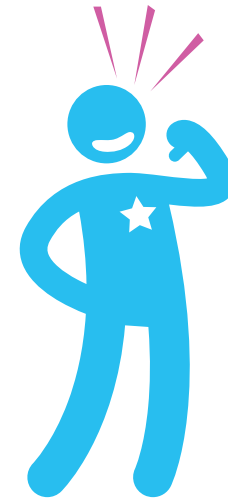






When I'm all done with my echo, I can put my shirt back on.

Everyone will be so proud of me for doing a great job!



**Developed by:**

Autism Spectrum Center & Child Life Services