

Ophthalmology Visit

My Hospital Story



Boston Children's Hospital

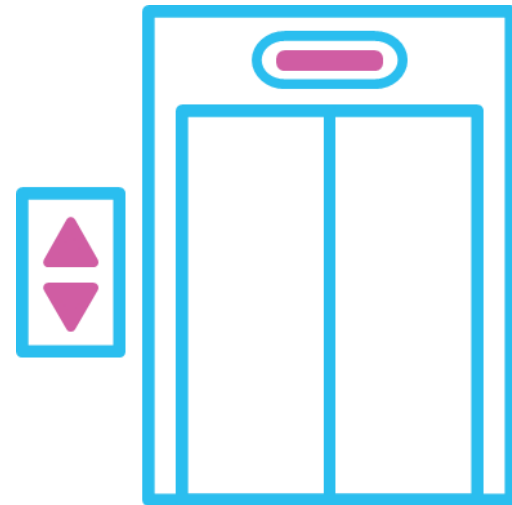
June 2022

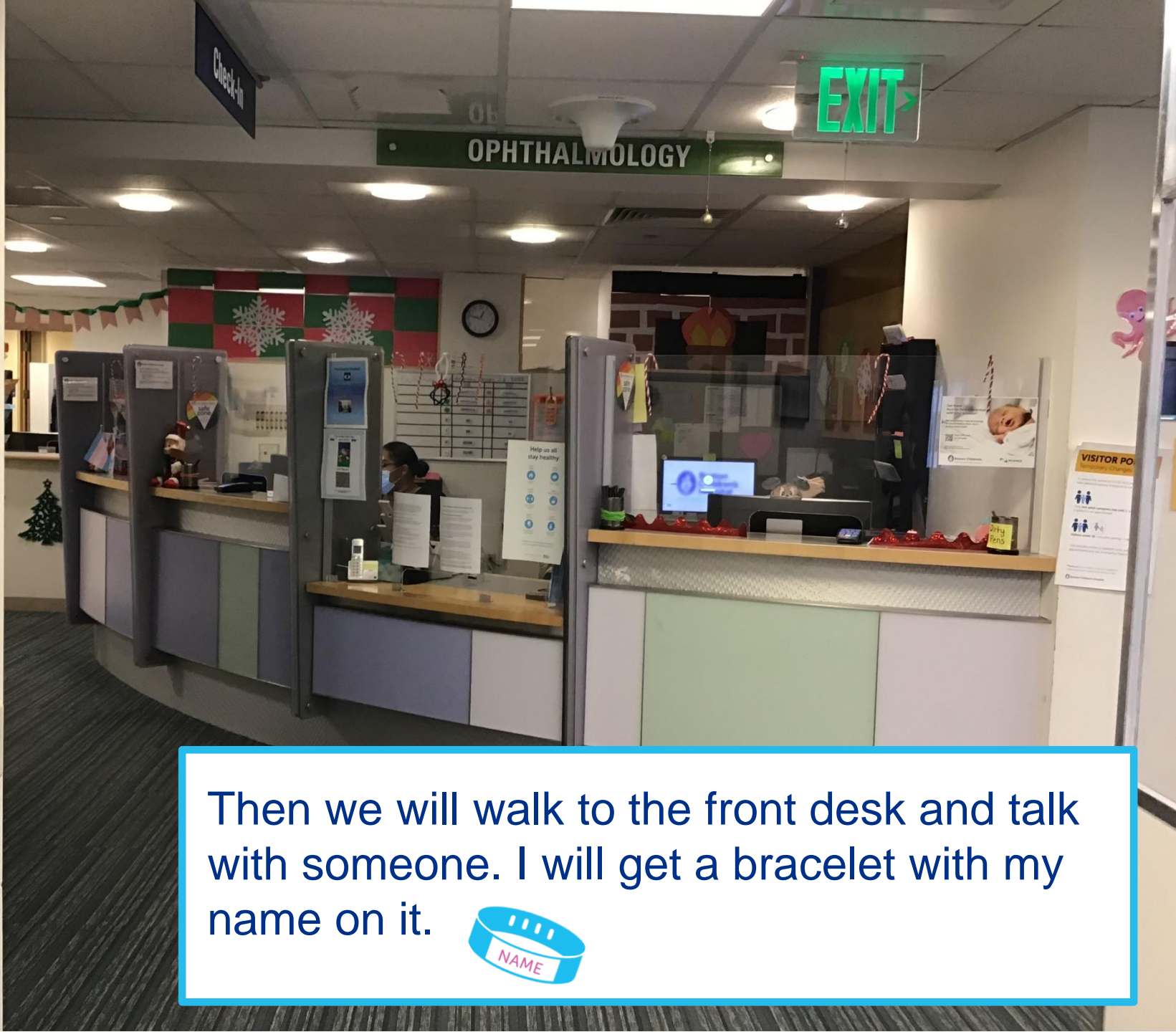
I am getting ready for my eye appointment at Boston Children's Hospital.





First, we will walk into the hospital and take the Fegan elevator to the 4th floor.





Then we will walk to the front desk and talk with someone. I will get a bracelet with my name on it.



Next, we will wait until my name is called. I can sit and play quietly while I wait.



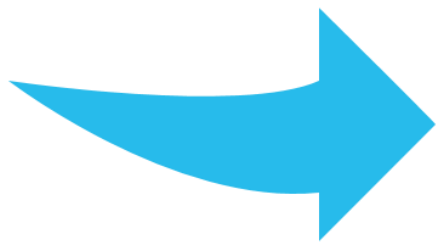


When it's my turn
someone will say
my name.

I will walk with
my caregiver to a
new room.



I will sit in a chair like this.



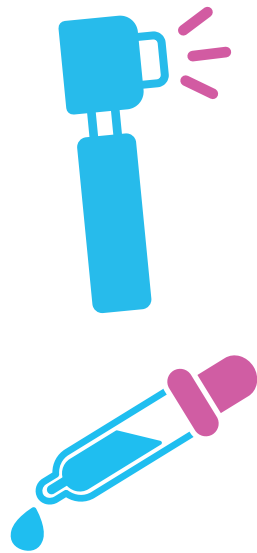
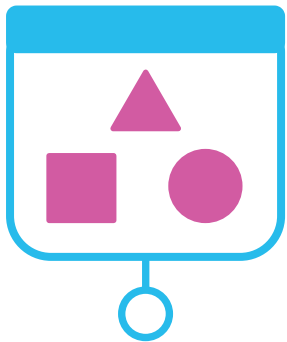


Next, I will meet someone whose job is to learn about my eyes.

They will ask my caregiver and I some questions.

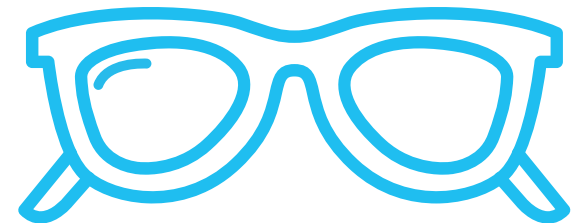


They will have special tools and eye games to learn more about my eyes.





They will give me special glasses to wear and will show me pictures. They will ask me questions about what I see when I wear the glasses.



Next, they will ask me to look at a TV screen. The TV screen might have shapes, letters or a movie on it.





They will cover each of my eyes with a small paddle or their hand. I will look at the TV screen.



It might look different when each eye is covered. I can remember to keep my head very still, the paddle will not touch my eye.

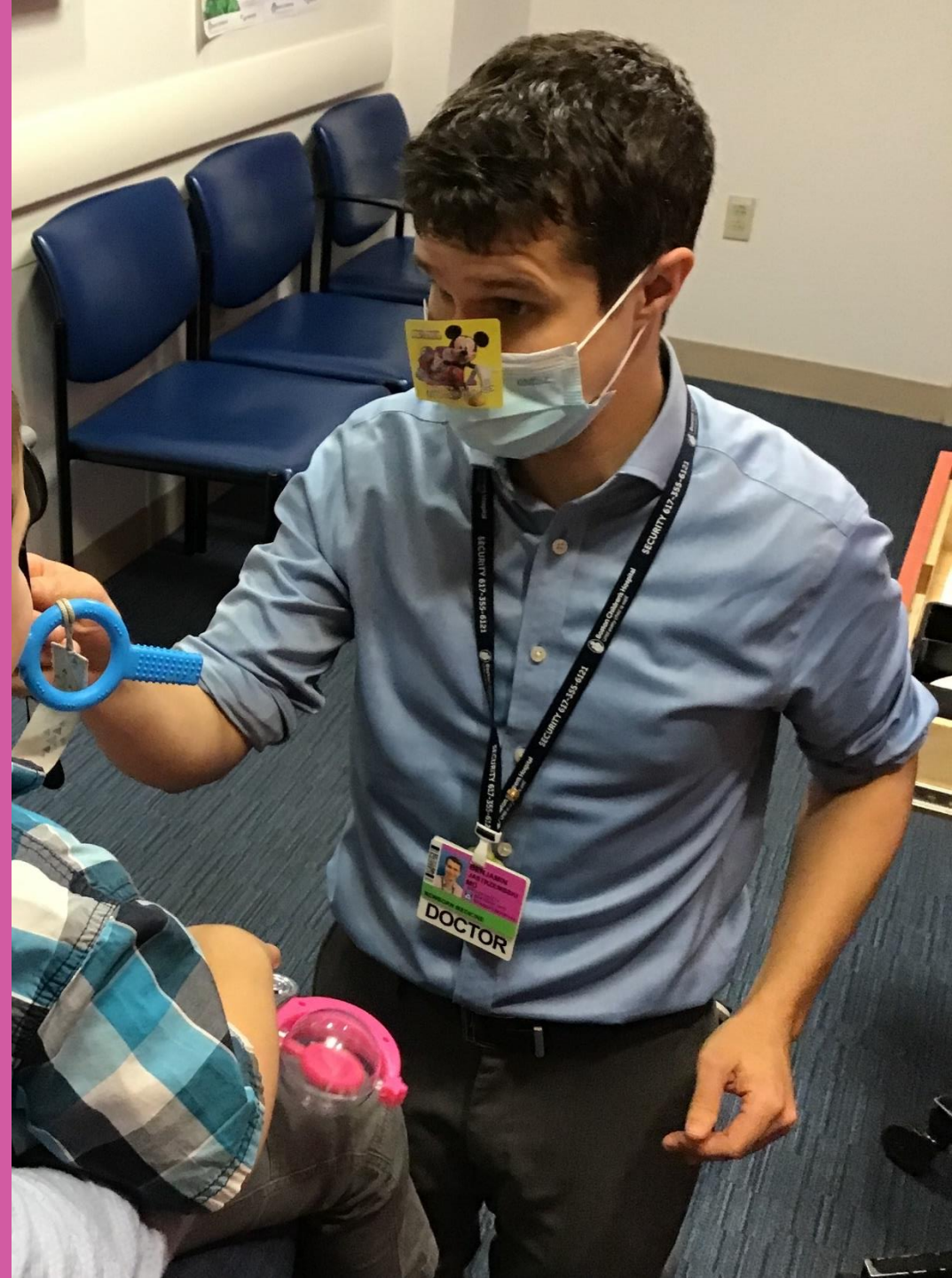
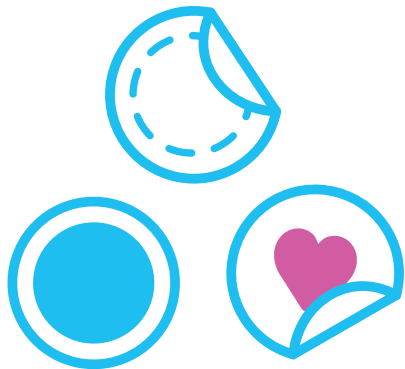




Next, I will look at a toy while they take pictures of my eyes. I can remember to keep my head still.



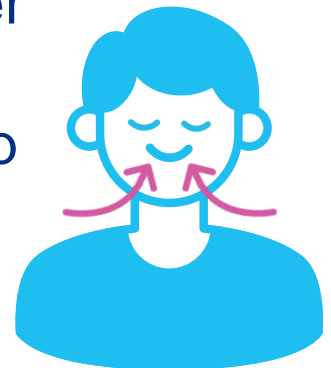
I will look at a sticker or letters by their nose. They will cover one of my eyes while I look.



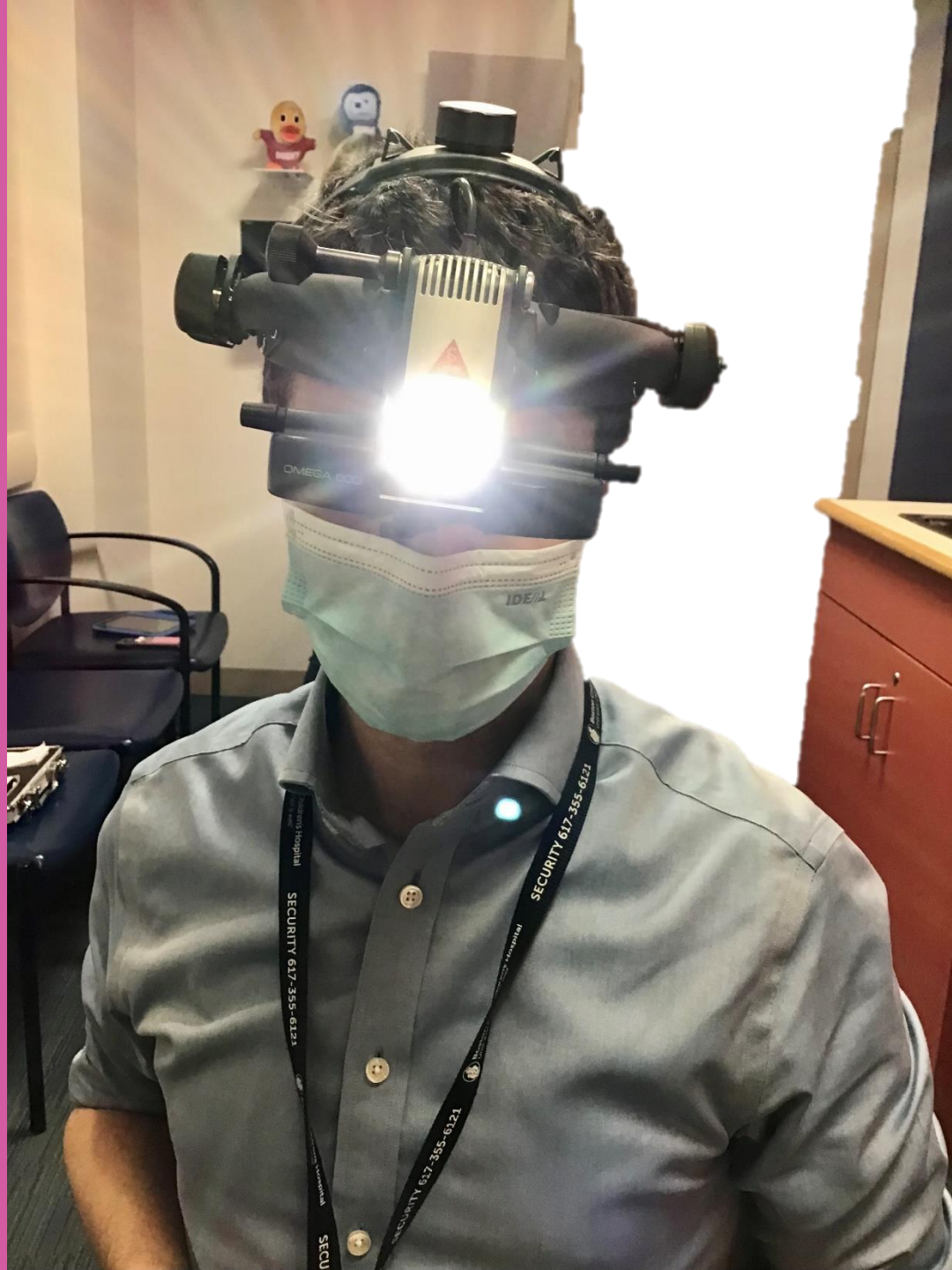


Next, they will use a special tool called an iCare. The iCare has a small light and makes a quiet beeping sound. It will get close to my eye and may feel like it's tickling my eye lashes.

This is okay. I can remember to stay still and take deep breaths.

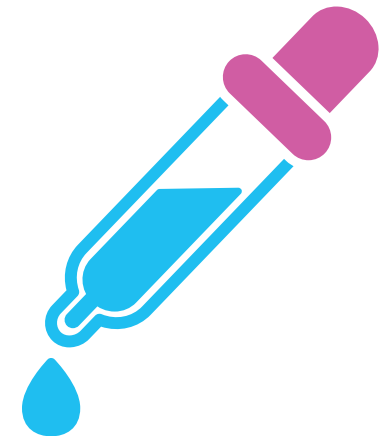


They will use a light to look at my eyes. The light will look bright but I know that I am safe. I may choose to watch a short movie when they use this light.





They might tell us that my eyes need eye drop medicine. They will help give me my eye drops.



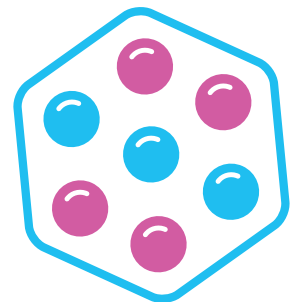
I might get 1-4 drops, I can ask how many I need. The eye drops will feel like little drops of water and may sting for a few seconds. I can remember to take 10 big blinks after my drops.

Things might look and feel a little different when I get my eye drops, this is okay.

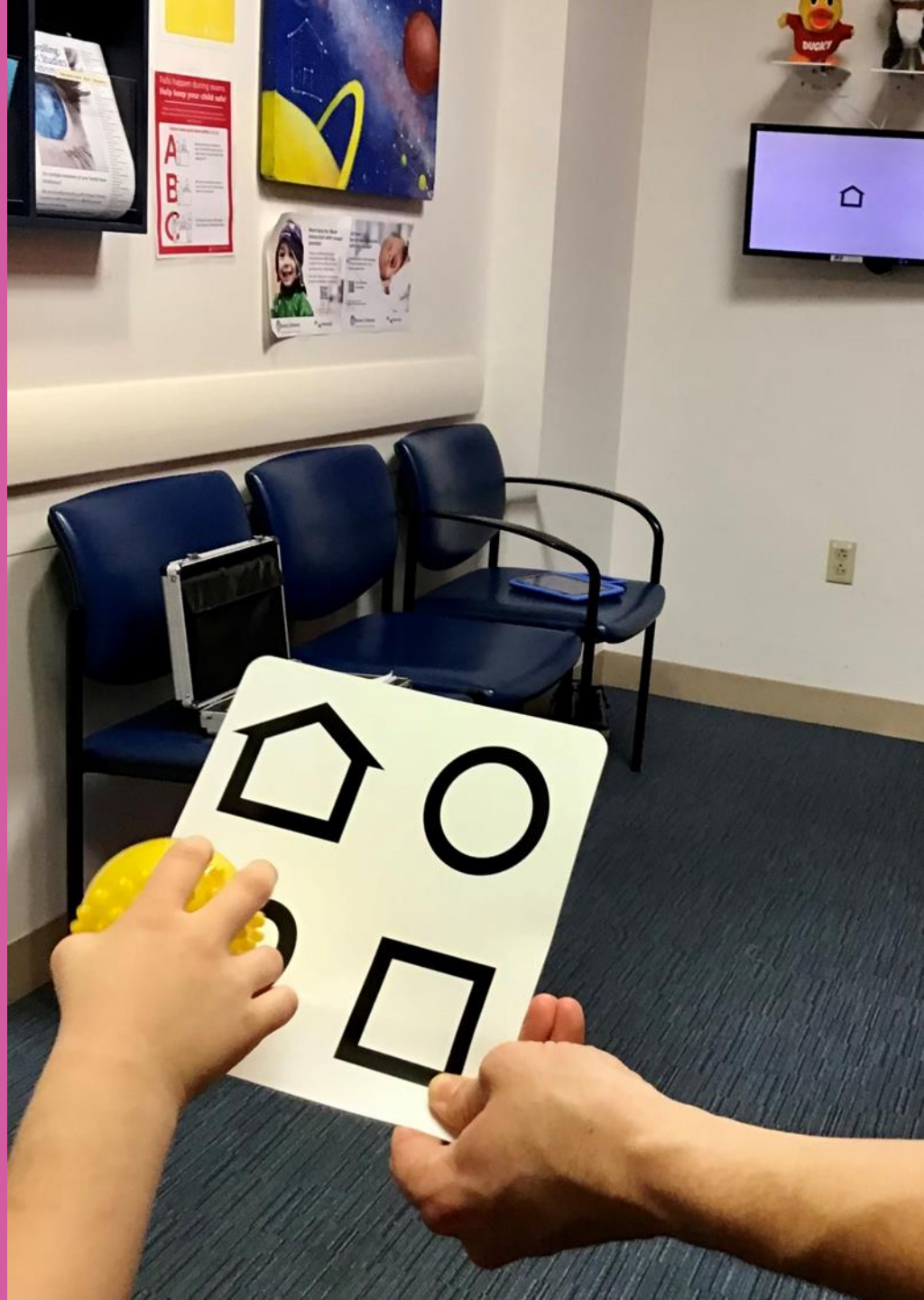




After I get my eye drops, I will get a break. I can play during my break.

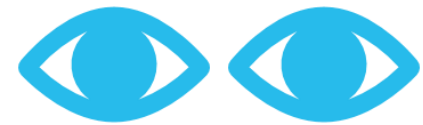


Next, I will meet my eye doctor. They will ask me to look at more letters or shapes and will ask me questions about what I see.



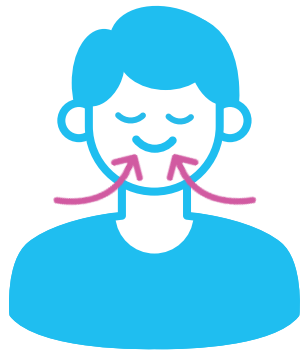


My doctor might ask me to look through different lenses to learn how to help my eyes see best.



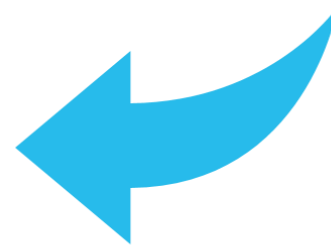
My doctor will put on a hat with a light. The light helps my doctor see my eyes better.

The light will look bright, I can remember to take deep breaths and keep my body still.



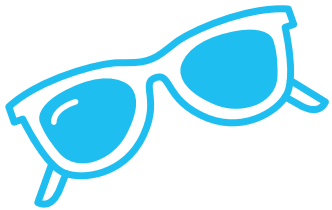


Next, I will rest my face on a special eye machine that looks like this. This helps my doctor look at different parts of my eyes.



Things might look different for a little while after my appointment.

This is okay, I can wear sun glasses when I go home or have my caregiver hold my hand.

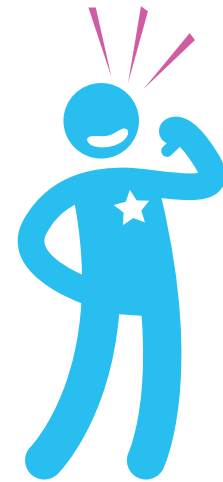


↑ ↗ To Fegan Elevators



Now my eye
appointment is
all done.

Everyone will be
so proud of me!



Developed By:

Autism Spectrum Center, Ophthalmology &
Child Life Services