

Day Surgery- Waltham

Girl Version

My Hospital Story



Boston Children's Hospital

September 2016

I am getting ready for my surgery at Boston Children's Hospital. My doctors need to do the surgery to learn about my body or to help me get better.



I will come to the hospital with my caregivers. I can bring my favorite item from home, like a blanket or a stuffed animal. We will park in the garage.



Today is the day of my surgery and I will not be allowed to eat or drink anything until after my surgery.



We will enter the lobby and take the elevator to the 3rd floor.



We will follow the purple and orange fish on the floor to the waiting room.



When we get to the waiting room, we will talk to someone at the front desk.



Then we will wait until my name is called. My name might be called right away or I might have to wait a little while. While I wait, my caregiver may help me find something fun to do.



When my name is called, it will be time to go to a different room. A nurse or a clinical assistant will bring me and my caregiver to this new room by following the orange and purple fish.



This room may be busy with people, like doctors and nurses. There are lots of beds, and I may see other kids waiting for surgery like me.



The nurse will give me a bracelet with my name and birthday on it. This is so the doctors will know what my name is when I am having surgery.



The nurse will ask me to stand on a scale to be measured. The nurse will measure my height and weight.



Then, I will sit on a stretcher. The stretcher is long, and looks like a bed with wheels.



While I am sitting, the nurse will gently place something on my finger. It's called a pulse oximeter. It will measure the oxygen in my body.



Next, the nurse will check my temperature with a thermometer. The nurse might touch the thermometer to my head, or the side of my face by my ear.



The nurse will check my blood pressure to learn about my heart. The nurse will wrap a piece of cloth around my arm. The cloth will feel very tight, but that is okay.



Next, the nurse will listen to my heart and lungs with a stethoscope. The stethoscope might feel a little cold, but that is okay. This is to learn more about how my heart and lungs are working.



Then I will put on hospital pajamas. It looks like a long shirt that opens in the back and a pair of pants. My caregivers can help me put the hospital pajamas on if I need help.



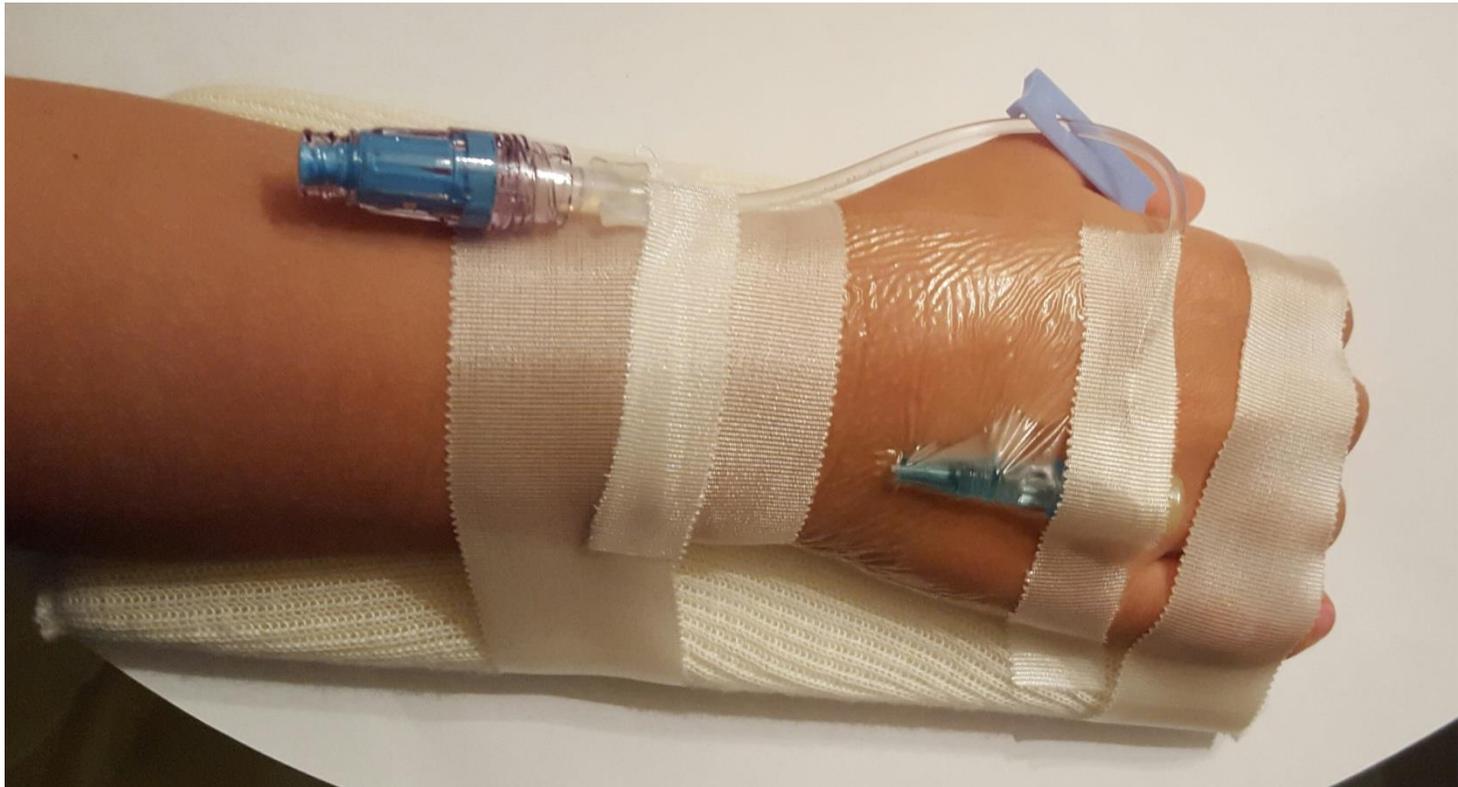
Then I will wait for my surgery. While I am waiting the nurse may give me stickers or bubbles. I can bring a game from home, or I may watch a movie. While I am waiting I can remember to take deep breaths to help me feel calm.



Soon, it will be time to meet the doctors and nurses who will take care of me during the surgery. They may ask me and my caregiver questions. We can ask questions too!



We will also meet my anesthesiologist, who will help me fall asleep and stay asleep during the surgery. There are lots of different ways that kids get sleeping medicine. The anesthesiologist will talk to my caregiver about which medicine is best for me. Sometimes the medicine might come through an IV...



...and sometimes it might come through a mask like this. The anesthesiologist will know the best way for me to get my medicine.



My anesthesiologist might let me choose the flavor of the mask. There are lots of different flavors! Some kids say it is fun to choose a flavor. If I want, my caregivers or doctor can choose for me.



Soon doctors and nurses will push me on my bed to the room where I will have my surgery.



One of my caregivers might be able to come with me, but they will have to wear a special blue hat, gown and mask. My doctor will let us know if it is okay for them to come. If my caregiver does not come with me, my doctors and nurse will take good care of me, and this is okay. I will see my caregivers when I wake up after my surgery.



Once I am in the room for the surgery, I might need to be moved from my bed onto another table.



Then the doctors will give me the medicine so that I am asleep for my surgery.



When my surgery is finished, I will stop getting the sleeping medicine and I will start to wake up. When I wake up, I will be in a different room.



While I recover, my caregivers will be in the room with me. I can choose to rest or do something quiet that I brought from home.



There might be doctors or nurses around to help take care of me and other kids who had surgery too. It might be busy, but this is okay. I will be safe.



I may even get to have a popsicle or have something to drink afterward.



When my doctors and nurses say it is okay, I can put my clothes back on and pack up my things to go home with my caregivers. Everyone will be so proud of me for doing a great job!



**Developed By:
Autism Spectrum Center, Child Life Services, &
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