



**I am getting an ultrasound.**



# A note to caregivers:

- This book will detail the steps of an ultrasound at Rady Children's Hospital.

This book was written for patients of different ages and language levels. In this story we refer to an ultrasound as a "special wand" that takes "pictures." You can determine which language is best to use for your child.

- ◆ Not all sections will apply to your child. Read this first and choose what information you think will be helpful. You know your child best.

Some children benefit from distraction (e.g., watching YouTube during the procedure) while others prefer a reward after a procedure or test. Please see the customizable visual on the last page of this story. This is one way to present the idea of a prize/reward to your child (e.g., "First take picture, then [*insert prize here*]").

- ◆ We recommend filling out the Autism Friendly Questionnaire in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at [autismfriendly@rchsd.org](mailto:autismfriendly@rchsd.org)

- ◆ Sincerely,

**The RCHSD Autism Friendly Health System Initiative**





**I am going to the doctor's office to have an ultrasound.**

**An ultrasound is a special camera that takes pictures of the inside of my body.**

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**First, we will park the car.**

**After we park the car, we will walk to the hospital.**





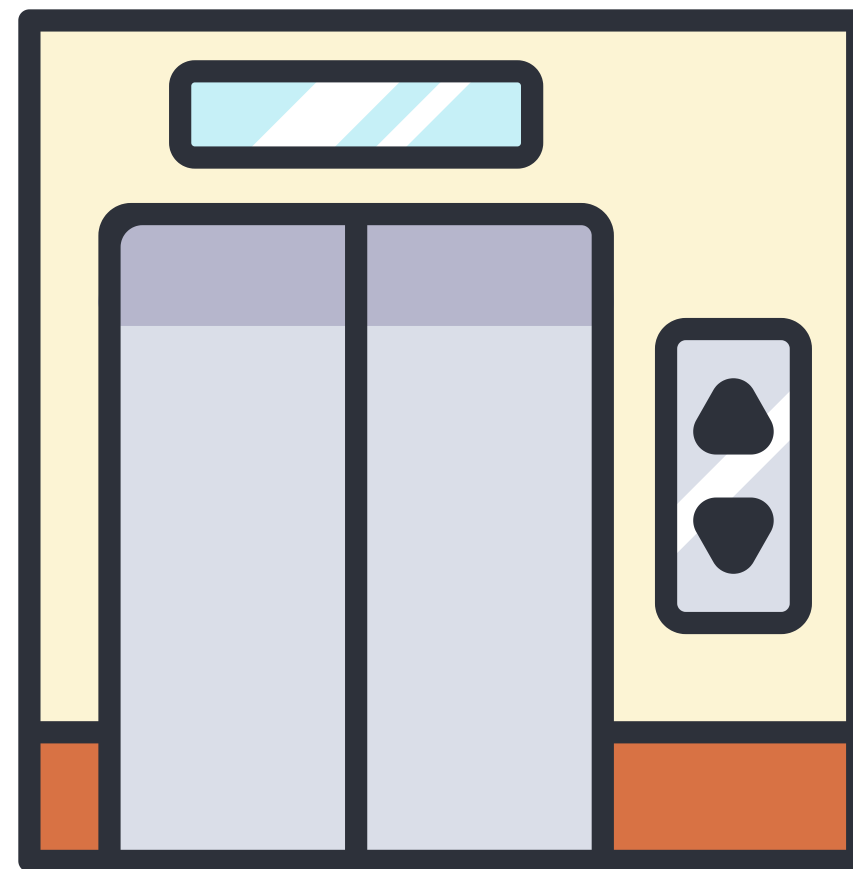


**I am going to check-in at the front desk.**

**Then I will take the elevator to the third floor.**

**I will walk down a long hallway to the Radiology Department.**

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**Inside the radiology department, I will check-in at the front desk.**

**The front desk will give me a bracelet to wear with my name on it.**





**Now I will wait until the tech is ready to see me.**

**I can watch a movie or [insert preferred activity here].**



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Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

**When the tech calls my name, I will walk to the room with my [caregiver].**

**The ultrasound room is small and dark.**

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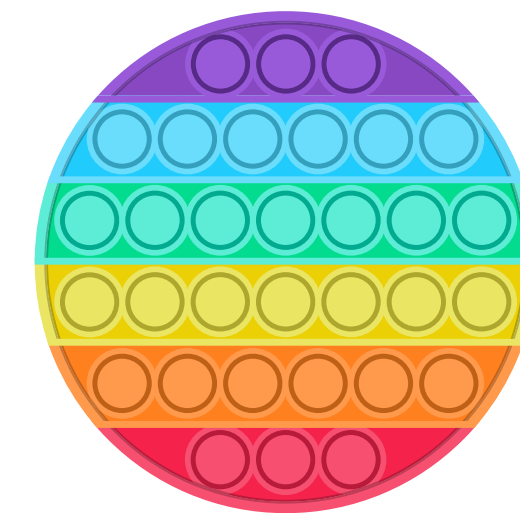




**It's ok to feel nervous.**



**If I am nervous, then I can hold my** *[insert item you brought with you for child to hold]*.



**My** *[caregiver]* **can stay with me the entire time.**

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Note to caregivers: You may bring a sensory, comfort, or distraction item for your child to hold.

**I will lie down on a bed. My [caregiver] will sit next to me.**

**Next, the tech will put jelly on my [insert body part here].**

**The jelly will feel cold and gooey.**



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Note to caregivers: Please insert body part being evaluated e.g., "The tech will put jelly on my stomach."



**Now the tech will use a special wand to take my pictures.**

**The wand will touch my *[insert body part here]* and take pictures.**

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**The tech will push down on my body with the wand and rub the wand on the part of my body the doctor needs pictures of.**

**It will feel like pressure, but it will not hurt.**

**I will keep my body still. I can look at the pictures or play with my *[insert distraction activity here]*.**



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Note to caregivers: You may want to bring a toy or activity for distraction (e.g., stress ball, playdoh, tablet/phone).

If your child would benefit from a timer to know how long the ultrasound will take, ask the technician for an estimate and you can set a timer on your phone.



**The tech is all done with my pictures.**

**They will wipe off the jelly and I can get off the bed.**

**I did a great job keeping my body still!**

**Now it's time for [insert child's preferred activity or reward].**

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Note to caregivers: It may be helpful to identify a reward your child can earn after completing the ultrasound.

# The End

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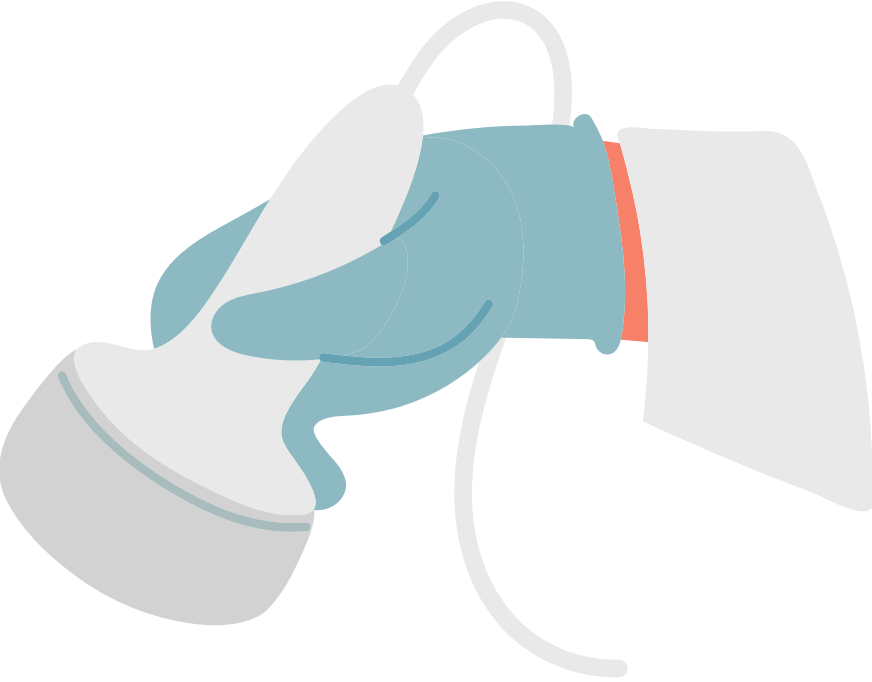

Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the visit.

## Caregivers:

Here is a sample “**first-then**” visual if your child is earning a reward after the ultrasound. Please use the template on the next page and add your own picture of the reward your child is earning under the word, “**then.**”

You can present this by saying, “**First take pictures, then legos.**”

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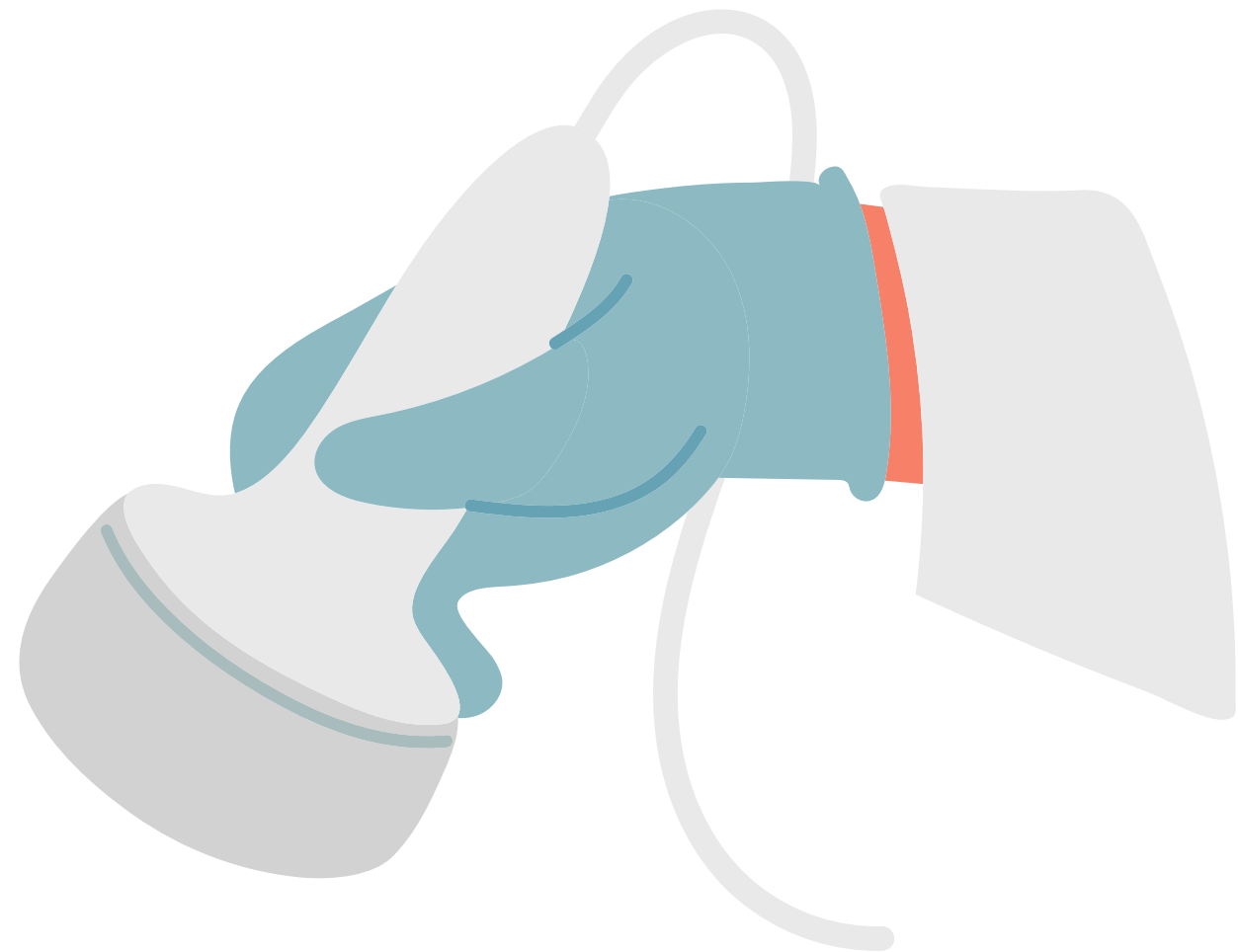
FIRST	THEN
	





**FIRST**

**THEN**



**“First take pictures, then \_\_\_\_\_.”**



## Reward Chart

Another way to present the idea of a prize/reward is with a **reward chart**.

A reward chart can help the child understand how they will earn their reward. They can earn a star or check mark for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.



# I'm working for

□ □ □ □ □ □

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## Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

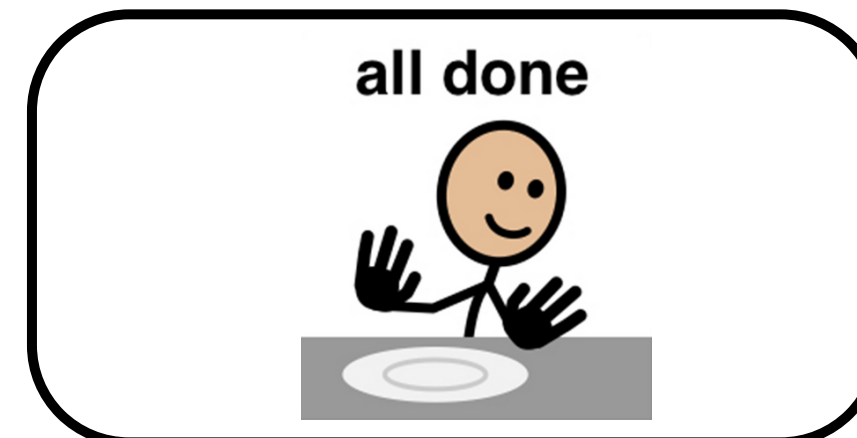
First, you will lay down on the bed and I will sit next to you.

Next, the tech will put jelly on your *[insert body part here]*. The jelly will feel cold and sticky.

Now the tech will use a special wand to take your pictures. The wand will touch your *[insert body part here]* and take pictures.

Then you will be all done and can *[insert reward here]*!

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**all done**

