

**I am getting an X-ray.**



# A note to caregivers:

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

This book was written for patients of different ages and language levels. In this story we refer to an x-ray as a “picture.” 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 a reward after an x-ray. 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]*”).

If your child would benefit from distraction during the x-ray, please work with your x-ray tech to determine what is safe to use. You may consider bringing a sensory/comfort item with you. Accommodations will depend on the location of the injury and staffing.

If your child is having difficulty remaining still, it can be helpful to count or sing a song for the duration they need to stay still. Your child may also benefit from practicing this at home.

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 Team**

**I am going to the hospital to have an x-ray.**

**My doctor needs to take a picture of [insert body part here].**

---



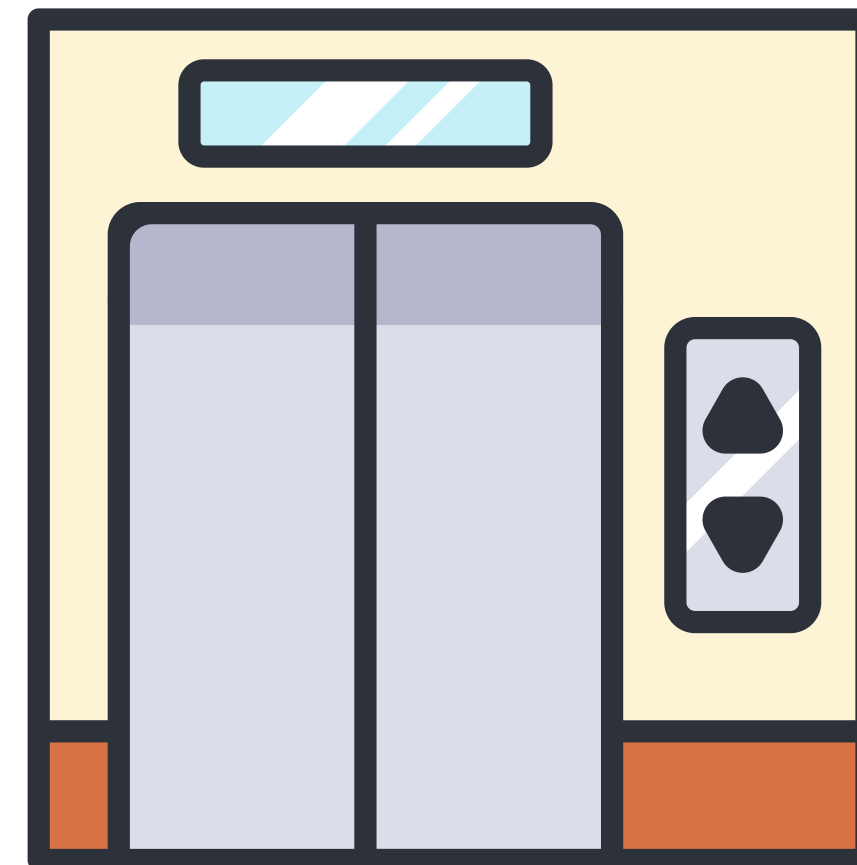


**I am going to check-in at the front desk.**

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

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

---



**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 my name is called.**

**I can** *[insert distraction activity here]* **while I wait.**

---

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



**When the x-ray tech calls my name, I will walk to a new room with my [caregiver].**

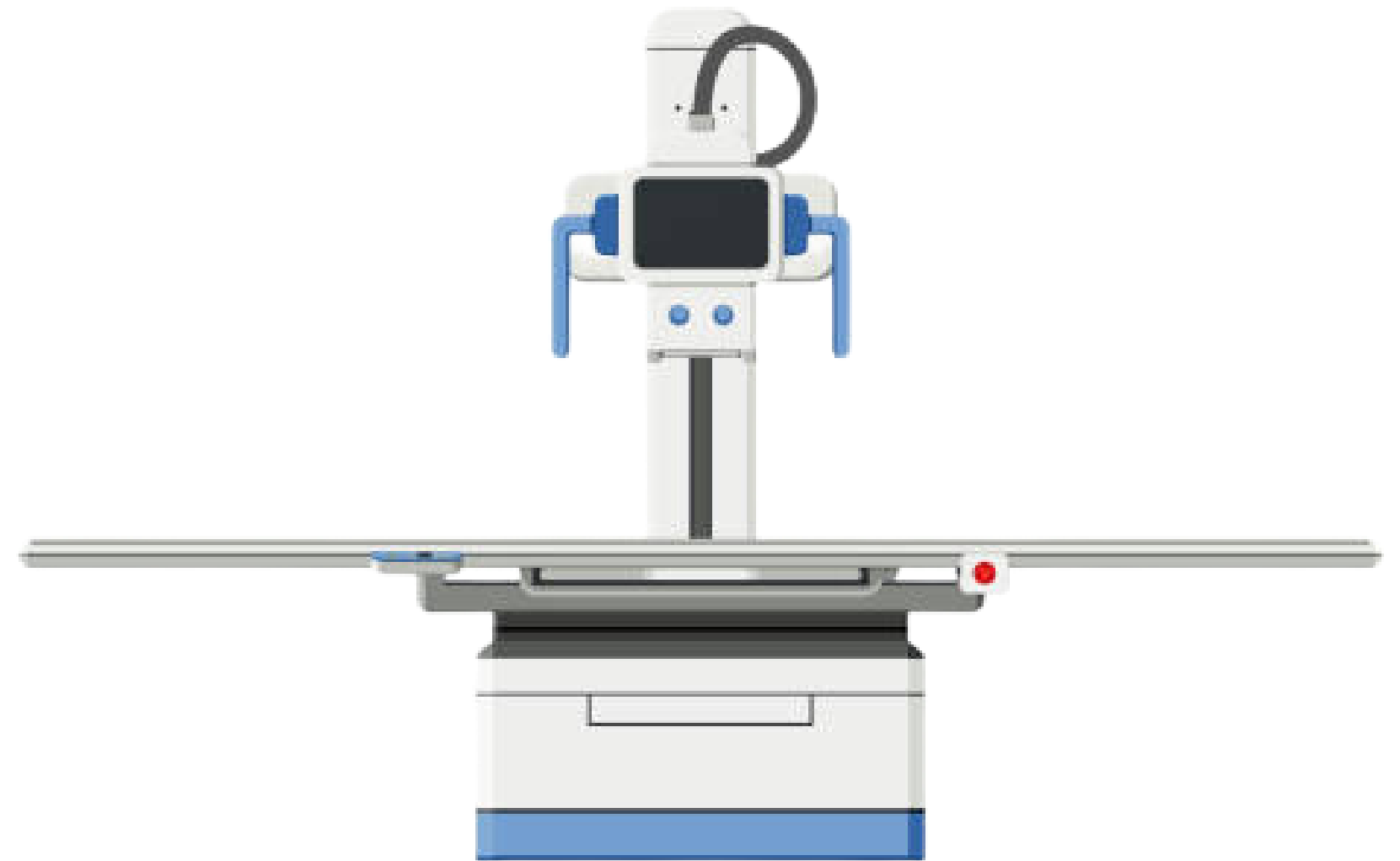
---



**The x-ray room will be a little dark.**

**The room will have a table with a big flashlight camera.**

---



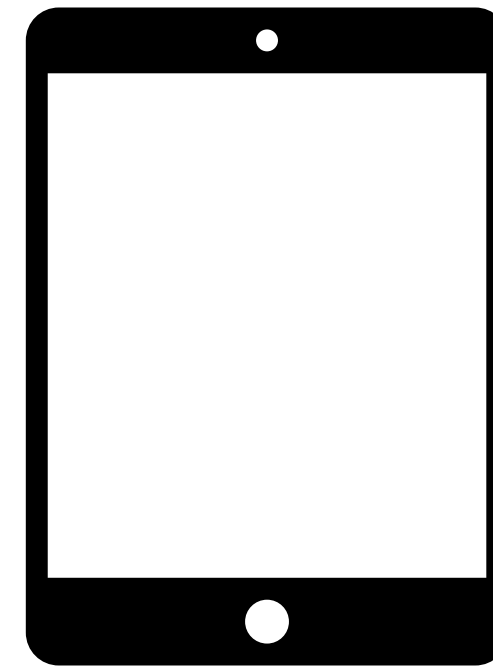


**The tech will ask me to take off anything with metal on it (e.g., jewelry, zippers).**

**I also might wear a heavy vest or blanket for my picture.**

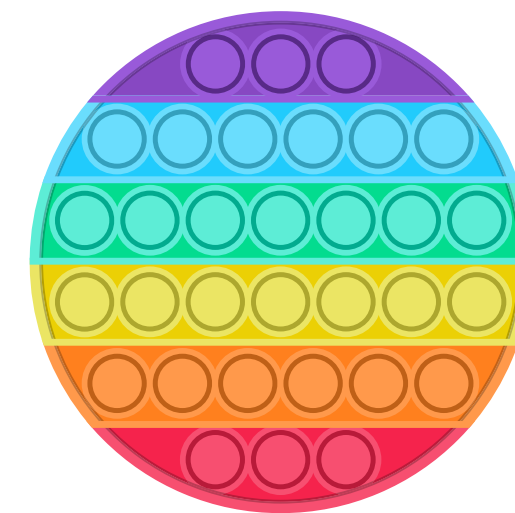
---





**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]*.



---

Note to caregivers: You may bring a sensory, comfort, or distraction item for your child to hold. Work with your x-ray tech to determine what is safe to hold. You can also ask to stay with your child if that would help them cope.

**I might lay down on the table  
or I might stand up for my  
pictures.**

**The x-ray tech will tell me  
where to go and help me move  
my body into the right  
position.**

**Sometimes the tech will move  
the bed. It will feel like a train  
ride!**

---



**The x-ray tech will move the big flashlight camera, but it will not touch me.**

**The picture will not hurt.**

**The camera light will shine on my body. It will make a clicking sound and a short 'beep.'**

**I will keep my body calm and still.**



Note to caregivers: If your child would benefit from using a timer or counting the number of pictures, work with the x-ray tech to provide this information and structure to your child. E.g., "2 more pictures, then we are all done."



**I am all done with my pictures.**

**I can take off my heavy vest  
and get off the table.**

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

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

---

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

**all done**



# The End

---

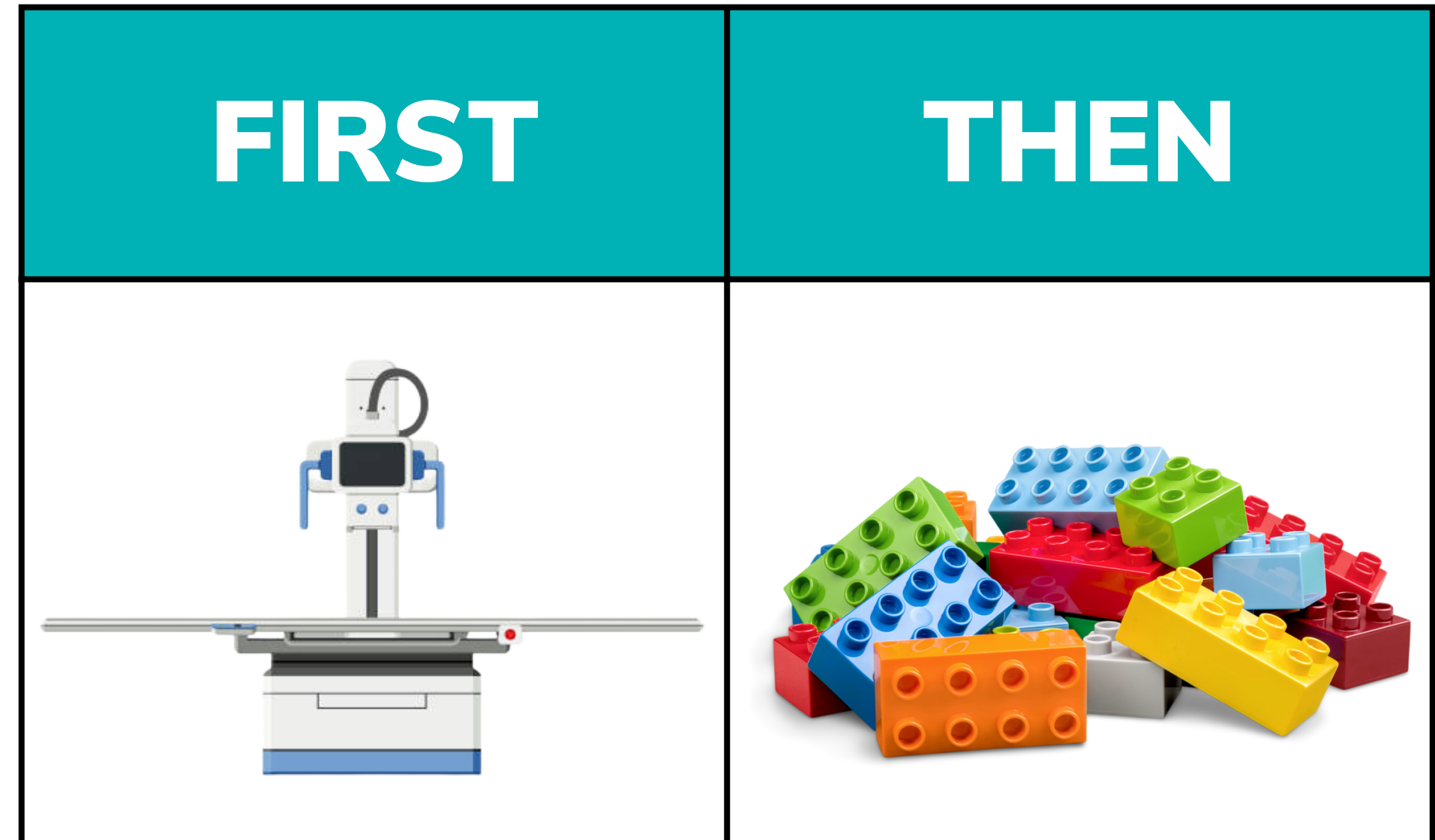
Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the visit.



## Caregivers:

Here is a sample **“first-then”** visual if your child is earning a reward after an x-ray. 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.”**



**FIRST**

**THEN**



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





## Reward Chart

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check 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**



# I'm working for

□ □ □ □ □ □

= □



## 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:

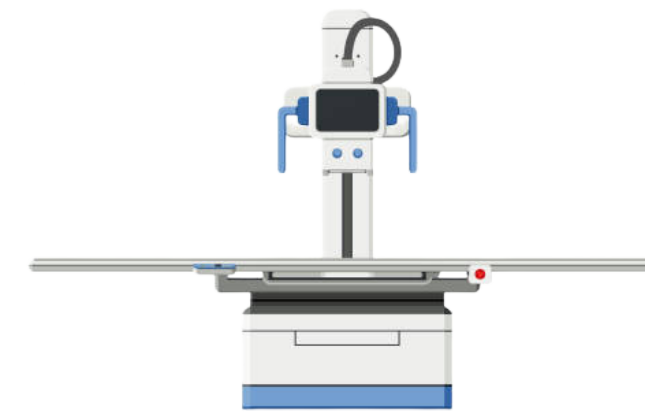
First, you will wear a heavy vest.

Next, you will lie down on the table. The x-ray tech will tell you where to go and help you move your body into the right position.

Then, the x-ray tech will take a picture with the flashlight camera. The camera will not touch you. You will keep your body still like a statue.

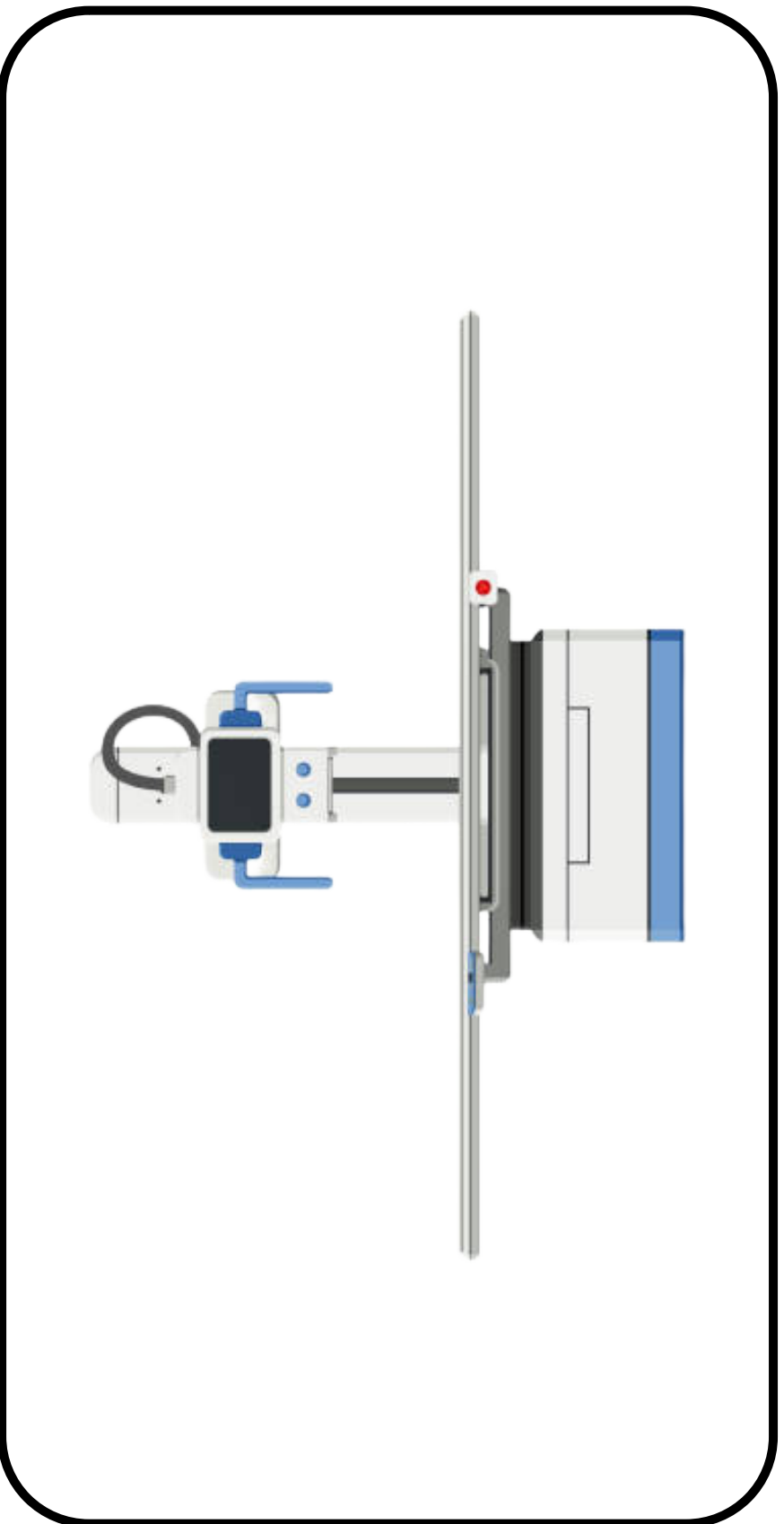
Then you will be all done and can *[insert reward here]*!

---



**all done**





**all done**

A simple stick figure with a round orange face, black eyes, and a smiling mouth. The figure has its arms raised in a celebratory gesture. To the right of the figure is a grey rectangular table with a white oval plate on it. The text "all done" is written in a bold, black, sans-serif font to the left of the figure. The entire scene is enclosed in a rounded rectangular frame.