

# A HANDY GUIDE JUST FOR YOU!



The heart team would love to find out more about you and your heart.

**Everyone is looking forward to meeting you.**



## AMAZING MACHINES



**CAN YOU SPOT THEM ALL?**

**WHAT SHOULD I BRING WITH ME?**

Take a look at the back for some ideas!

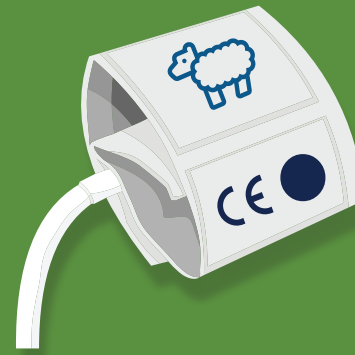


# AMAZING MACHINES



## STETHOSCOPE

This works like a special pair of headphones that the heart team use to listen to your chest and hear your heart.

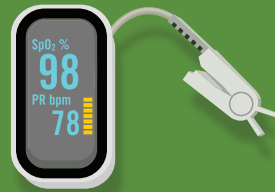


## BLOOD PRESSURE CUFF

This machine measures something called your 'blood pressure'. The cuff is a bit like a swimming arm band that will wrap around your arm. It will fill with air from a small machine and you'll be able to hear a buzzing sound as the air goes in. It will feel like someone squeezing your arm for a short time, then the air will come out and the cuff will be loose again.

## SATS MONITOR

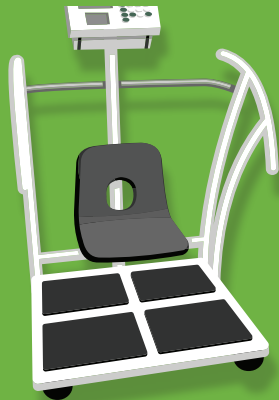
This little clip goes on your finger, or toe, to measure how fast your heart is beating and your oxygen saturation levels.



## ECHO MACHINE

This machine uses sound waves to show the doctors pictures of your heart. A bit like a camera uses light to make photos. The team will put some jelly on your chest which can feel a bit cold at first. They might also put some stickers on your chest which are connected to the machine.

Sometimes the lights will be turned down in the room for this test - this helps to see the pictures better.



## RULERS & SCALES

In the hospital the heart team use these to find out how tall you are and how much you weigh.

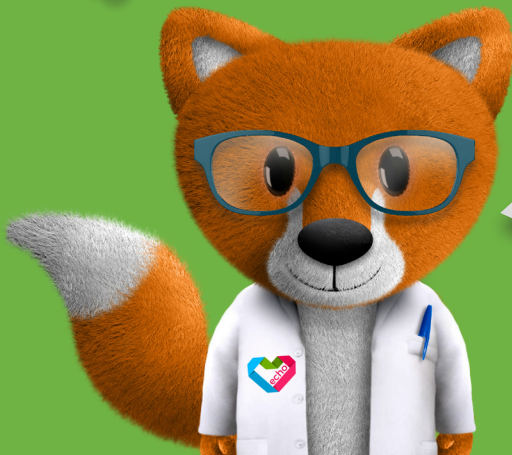
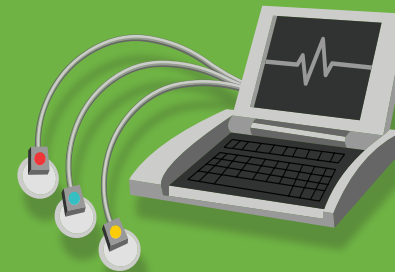
Hospitals are full of **amazing machines** which help the heart team find out more about you.

How many can you spot during your visit?

## ECG MACHINE

This machine shows the electrical activity in your heart, like a drawing of your heartbeat.

The team will gently put 10 stickers on your arms, legs and chest to connect the machine. It usually only takes 5 minutes for the machine to get all the information it needs. Don't worry the stickers won't hurt when they're taken off.



# SOME THINGS YOU MIGHT LIKE TO BRING

- ✓ Your favourite toy or blanket
- ✓ Your favourite book
- ✓ A drink and a snack
- ✓ Comfy clothes



## REMEMBER, YOU CAN ASK QUESTIONS TOO

If you have questions for the heart team why not write them down and bring them with you?

You might have lots of different feelings about visiting the hospital. This is very normal, and talking to people about how you're feeling can really help.

You might have to wait a little bit to see the team, or sit still while the machines are working, so why not bring a book or a toy so you don't get bored?

You will need to take your top off so the doctors and nurses can put some stickers and gel on your chest. Wear comfy clothes that you can take on and off easily.

## WE HOPE YOU ENJOY YOUR VISIT!



ECHO is a charity that supports children with heart conditions, their siblings, parents and carers.

Find out more at:  
**[echo-uk.org](http://echo-uk.org)**

Registered charity No. 1146494

