

Visiting the Paediatric Cardiac Clinic at Michael Garron Hospital

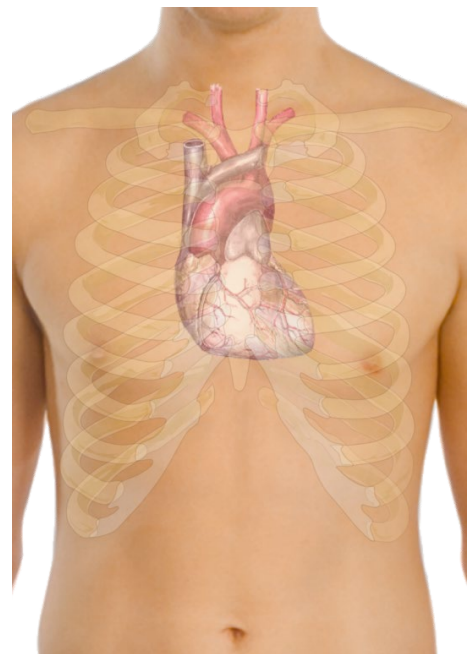
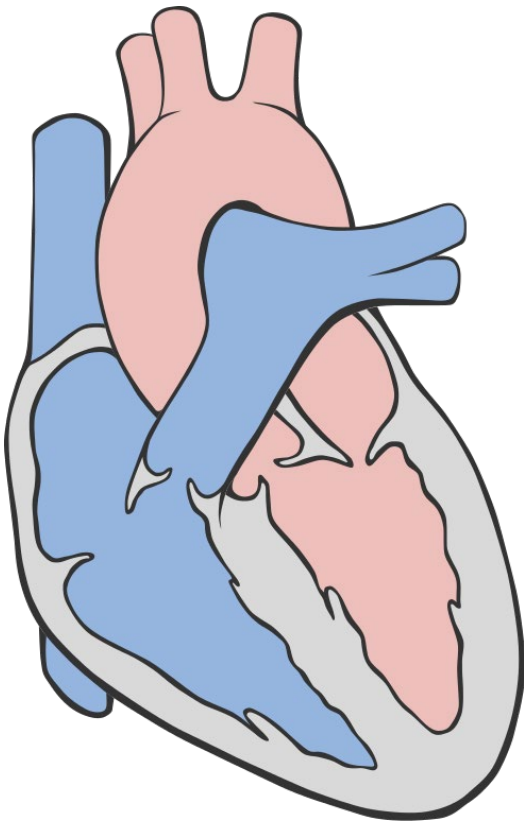
What to expect



Kids of all ages may need a check up of their heart to learn how it is working.



To check your heart, you will need to come to the hospital for some tests and a visit with your doctor.



First you will register
at the hospital.



Then you will wait in the waiting area for your turn.



During your appointment you will see many different people, including nurses, doctors, child life specialists, technicians and administrators.



When it is your turn,
someone will bring you
to a room to wait.



In this room you will see many pieces of equipment that will be used during your appointment

- Blood pressure cuff
- Oxygen monitor
- Electrocardiogram machine (ECG)
- Weight scale for babies
- Computer
- Chairs
- Examination table
- Sink



Big kids will go down the hall to be weighed to see how heavy they are, and measured to see how tall they are.



All kids will need to remove their shirts to have the ECG. Babies will get undressed.



First the team will place tiny stickers called monitors on your chest, each arm and each leg.



You will lay still while the ECG monitors your heart.



The blood pressure cuff feels
like a hug on your arm.
Try to stay still for the hug.



The special O2 monitor goes
on your finger.
It has a red light in it.

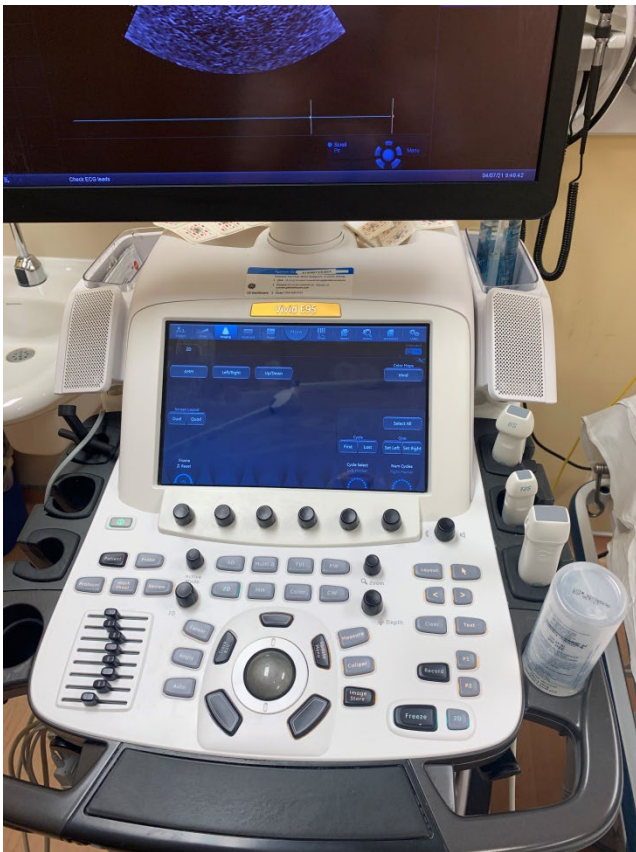


The nurse will ask you a few questions about how you are feeling.

- Sleeping?
- Drinking?
- Eating?
- Playing?



You may need to have another procedure called an Echocardiogram, or Echo.



- The *echocardiogram* uses an ultrasound, these are special sound waves, from a hand-held wand that is placed on your chest .
- This provides pictures of the hearts valves and chambers to see how your heart is pumping inside your body.

You will lay very still on a bed for this procedure.
Some stickers will be placed on your chest by the staff.



Cool gel is placed on the wand
and your chest to help see
your heart.

You can listen to your heart making
“whoosh woosh” sounds. When the Echo is
done, you can see pictures of your heart.



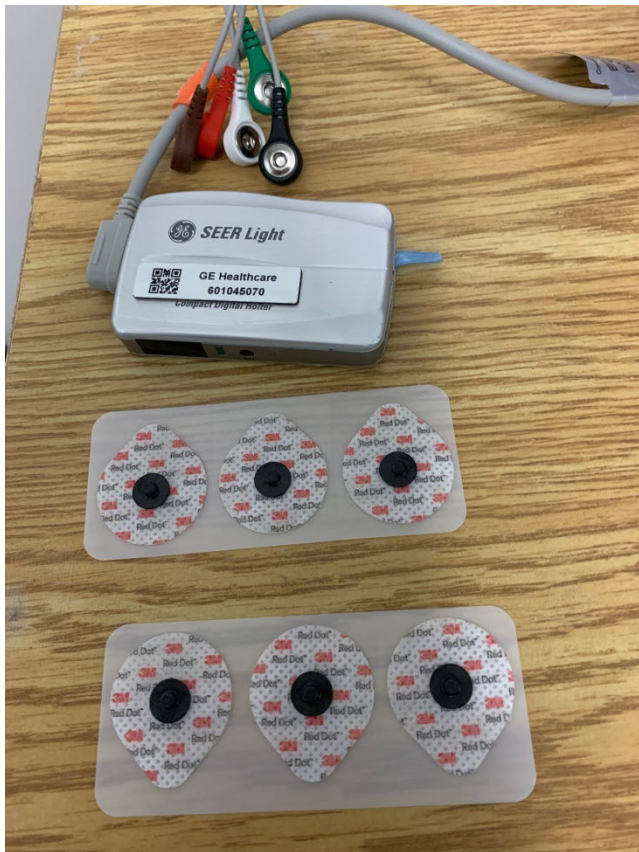
The staff may ask you to turn on your side or raise your head so that they can move the wand around.



Your parent or the child life specialist can provide some quiet distractions while you complete this procedure.



Sometimes you may need to wear a Holter that monitors your heart for a few days when you are at home.



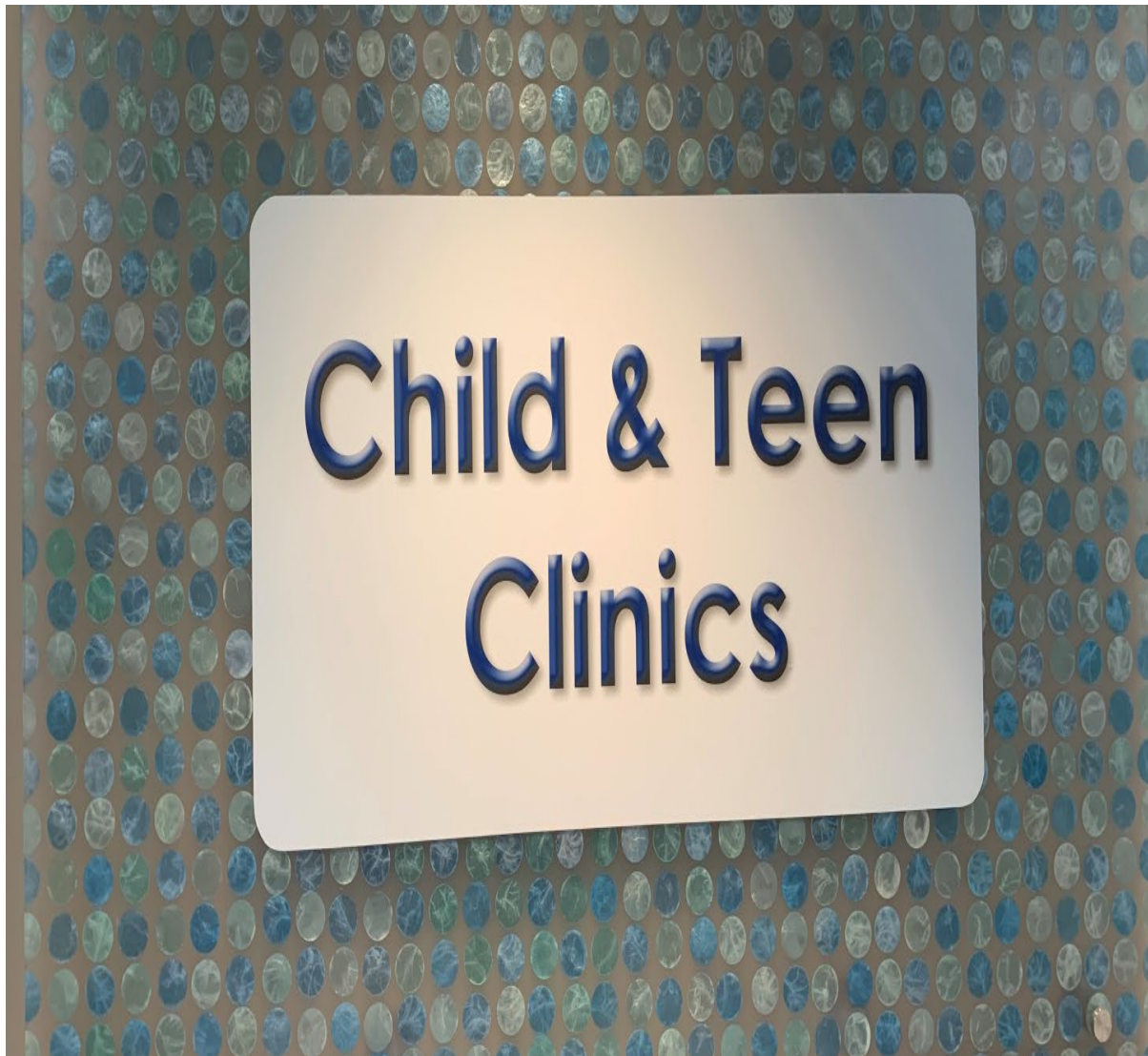
The Holter monitors are sticky and stay on your body under your clothes to record your heart beats for 1 to 2 days.



You and your parent will meet with the doctor and discuss the results of your tests and the plan for your health and wellness.



You may need to book another appointment for a future visit when you leave.



You may only need to see us once, or come back for many appointments.
No matter what, we are happy to see you!



Can you find these items in the book?

