

Newton-Wellesley Hospital's Guide to a **Pediatric Gastroenterology Procedure**



NEWTON-WELLESLEY
HOSPITAL



FOUNDED BY BEECHAM AND NEWTON'S HOSPITAL
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Hi! I'm Lauren.

I am 9 years old. I am in third grade and I like gymnastics, drawing and pizza. Lately my stomach has been hurting. I went to the doctor to find out why.

The doctor asked me a lot of questions about the way I feel, the things I eat and the activities I like to do. He asked me to come back again so that he can spend more time with me. During my next visit, the doctor will look inside my body to figure out why my stomach is hurting. It is called an endoscopy.





When I came back to Newton-Wellesley Hospital for my endoscopy, I met lots of nurses. They were very friendly and excited to see me.



The nurses gave me hospital pajamas to change into. Lots of people who work at the hospital also wear scrubs because they are the most clean, germ-free clothes and are comfortable like pajamas.

I also got a bracelet with my name and birthday on it. I can keep the bracelet when I go home!



Next it was time to collect information about my body. Most of the things I had done before, so it was easy to help the nurse.



I stepped on the scale so she could weigh me.



I stood up straight against the wall so she could measure how tall I was. I grew a whole inch since my last doctor's visit!



She used a thermometer on my forehead. to take my temperature. Something new to me!



She checked my blood pressure with a big velcro band around my arm. It gave my arm a big hug.



I put my finger in a finger pillow to count how many times my heart beats per minute and how much oxygen is in my body.



Finally, the nurse checked my heart and lungs. I took giant breaths while she used a stethoscope to listen.

Next it was time to meet the Child Life Specialist. She told me about the things I might see, hear and feel during my visit at the hospital. She was really nice and she answered all my questions. She also told me about a time she was in the hospital when she was a little girl like me!



She showed me the special mask that will help me sleep. I even got to decorate my own with stickers!

I also got to choose how the mask will smell. It was a tough decision because everything smelled so good. I decided on strawberry.





Soon it was time to meet the people that will take care of me while I am sleeping. I saw my doctor again, the one who is going to do my endoscopy. He told me about it, but I already knew because the Child Life Specialist explained everything.

Next I met another doctor called an anesthesiologist. He is the one that will make sure I don't feel a thing because I will be asleep the whole time. He told me about the medicine he has that will make me sleep. He listened to my heart and lungs and also asked me to open my mouth real wide and stick out my tongue.



Then I met the nurse anesthetist. Her job is to work with the doctor and give me medicine to sleep.

Everyone was really nice and friendly. They said that they are a team that works together to make sure I am safe and comfortable during the procedure.

After all the activities and talking, it was finally time for me to rest and do whatever I wanted. Kids are allowed to bring things from home, but the hospital also has many games, coloring books, movies and toys to choose from.

Playing with my Nintendo DS made the waiting time easy. I was feeling a little hungry and the nurse said I could eat and drink after I wake up.



Soon it was my turn. I got to choose someone from my family to come with me into the Operating Room. I chose my mom. She had to dress up in a funny suit and hat that covered her body and hair. I almost didn't recognize her.



I got to stay in my bed and someone pushed me down the hall to the Operating Room. My mom came with me, but she had to walk.

Getting a ride in the bed was so fun!



The room they took me to was called the Operating Room. This is where the procedure is done. It is a very clean room and there are no germs. Everyone that comes into this room needs to wear special clothes that cover their whole body- just like the outfit my mom wore.



The anesthesia team helped me go to sleep with special medicine that I breathed through the mask that I decorated earlier. My mom was there and I still got to play video games.



My mom was there when I woke up. I felt a little tired and confused. The last thing I remembered was playing a video game in bed. The nurse told me that feeling funny was normal and I would feel better shortly. She said she was glad I told her about it because it is an important job for kids to tell her how they feel when they wake up.

I also had a bandage on my arm, and underneath was an IV. The IV gave me water and medicine while I was sleeping during my procedure. It did not hurt at all, but it was funny to see it taped to me!



As I was telling the nurse about how I felt, she gave me a popsicle and some water. I got to pick any flavor I wanted AND I got to eat while I was still in bed. My mom never lets me do that.

After my snack, the nurse took out my IV. It did not hurt at all, it felt like a Bandaid coming off. I got my things together, got dressed and got ready to go home! The day went by very fast and there were a lot of fun parts to it. I am excited to share my story with my teacher and friends at school.