

# Getting an Echocardiogram



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617.414.3842



This is a story about getting pictures of my heart.  
The doctor wants to make sure my heart is healthy!

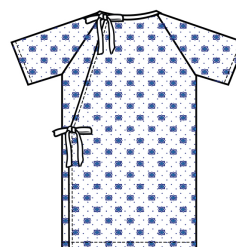
If I feel nervous, I can:

**Think of something that makes me feel calm**

**Ask someone to hold my hand**

**Remember that I am staying healthy and strong**





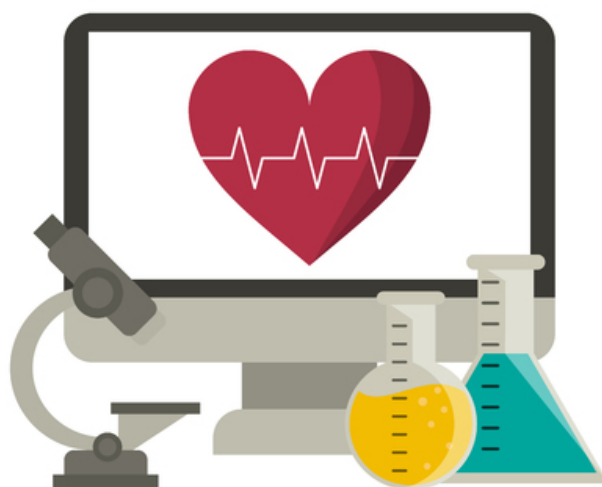
I will take off my clothes and put on my special gown!





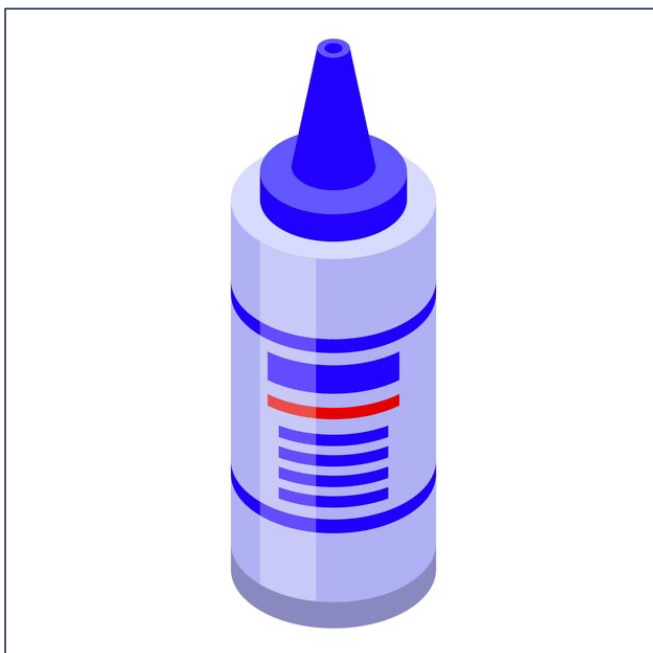
I will lie on a table on my left side and I can have a pillow behind my back for support. I will remember that I'm healthy and strong! I can ask someone to hold my hand if I need to!





I will be connected to a monitor, where I can see what's happening inside my heart. The room will be darkened so that the technologist can see the pictures on the monitor.





The technologist will keep warmed gel and a magic wand on my chest. They may keep the wand in different places to take pictures of different things inside my heart.





The technologist might ask me to hold my breath and take deep breaths. I will tell the technologist if anything makes me uncomfortable.





The technologist will wipe the gel off my chest. I can take off my special gown and wear my clothes.







I did an amazing job learning how to get pictures  
of my heart.

I am so brave!



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# The Autism Program

AT BOSTON MEDICAL CENTER



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