

My Visit to the Division of Pediatric Radiology at Johns Hopkins



Dear Kids and Families,

Welcome to the Division of Pediatric Radiology at the Johns Hopkins Children's Center! We hope you enjoy your time with us today!

This coloring book was made just for you! You will find cartoons to show you how we are going to take pictures of the inside of your body. You can color the cartoons, draw your own pictures, and solve a brain maze – how cool!

There are a lot of nice people excited to meet you and help you take these “inside pictures.” You may be asked to hold still for a few minutes, swallow a drink, or take a deep breath. There are many different ways you can help us get the pictures the doctors need.

What do you think the inside pictures of your body will look like? We would love for you to draw a picture and show us!

You can collect autographs from all the people you meet today, add your stickers, and take this book home with you!

Everyone is happy to answer your questions. We hope you find this coloring and activity book to be lots of fun!

-The Pediatric Radiology Team

pedsrad@jhmi.edu

Call 443-997-7237 to schedule an appointment

Welcome to the
Division of
Pediatric Radiology

The date of my visit is _____

I am here because _____



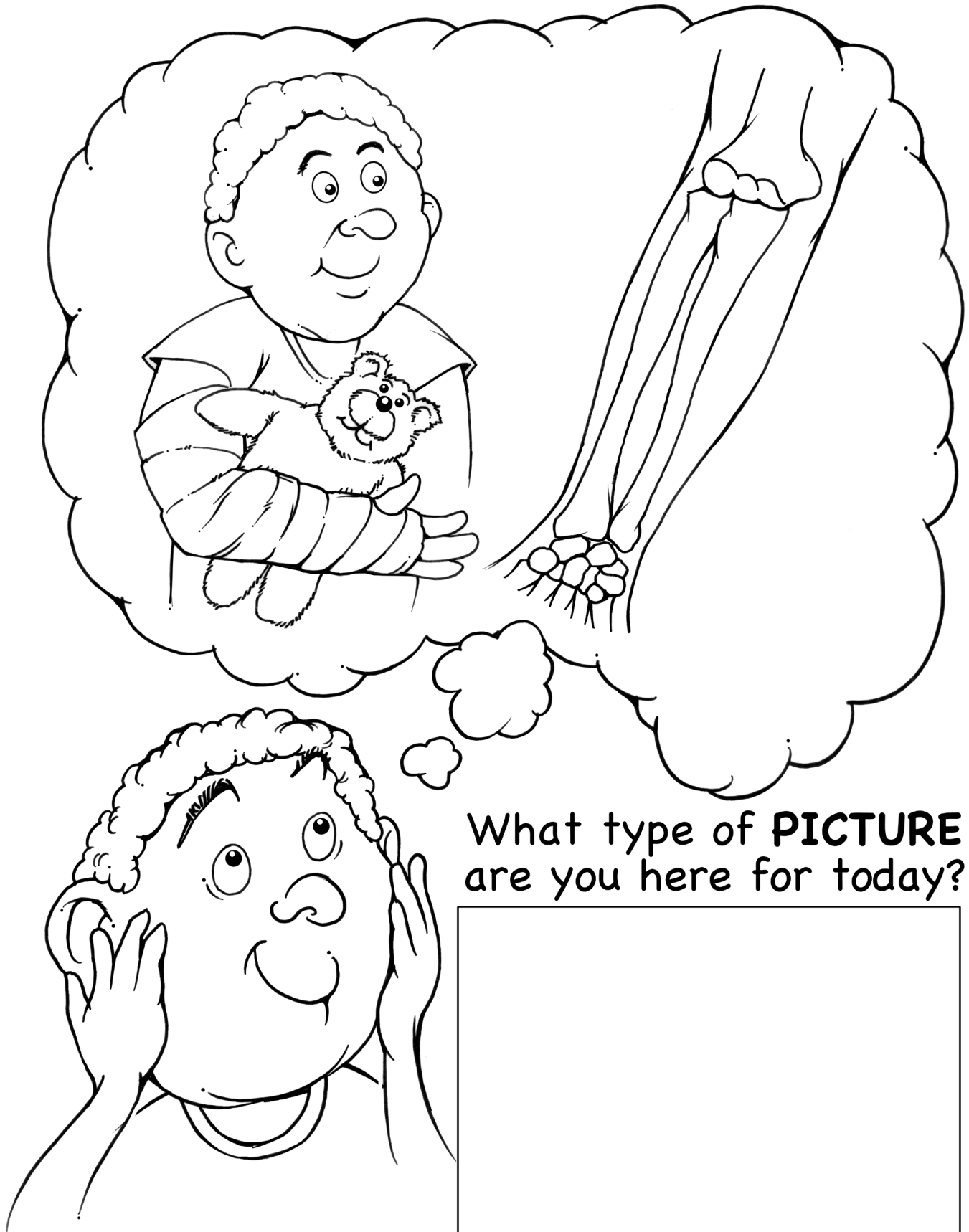


Just being here
today means
you are

BRAVE!

Draw something
about yourself
that makes you

PROUD!



What type of **PICTURE**
are you here for today?

Many different people are here to help you feel
comfortable while you are here.
Here are some of the people you might meet today.

**Pediatric
Radiologist**



I am a medical doctor specially
trained in children's imaging.
I review your exam pictures,
write reports and then
send them to your doctor.

**Child Life
Specialist**



I am here to answer your
questions, help you feel
brave, and make sure we are
all working together to do
what is best for you.

Nurse



I place your IV if you need
contrast and will stay close
by to help you feel better.

Technologist



I talk to the pediatric
radiologist before your visit
to plan your exam, help you get
comfortable, remind you to hold
still, and take your pictures.

It is ok to ask any of us questions! We are here for you!

**If you have questions about your visit,
Write them HERE:**

1

2

3

4

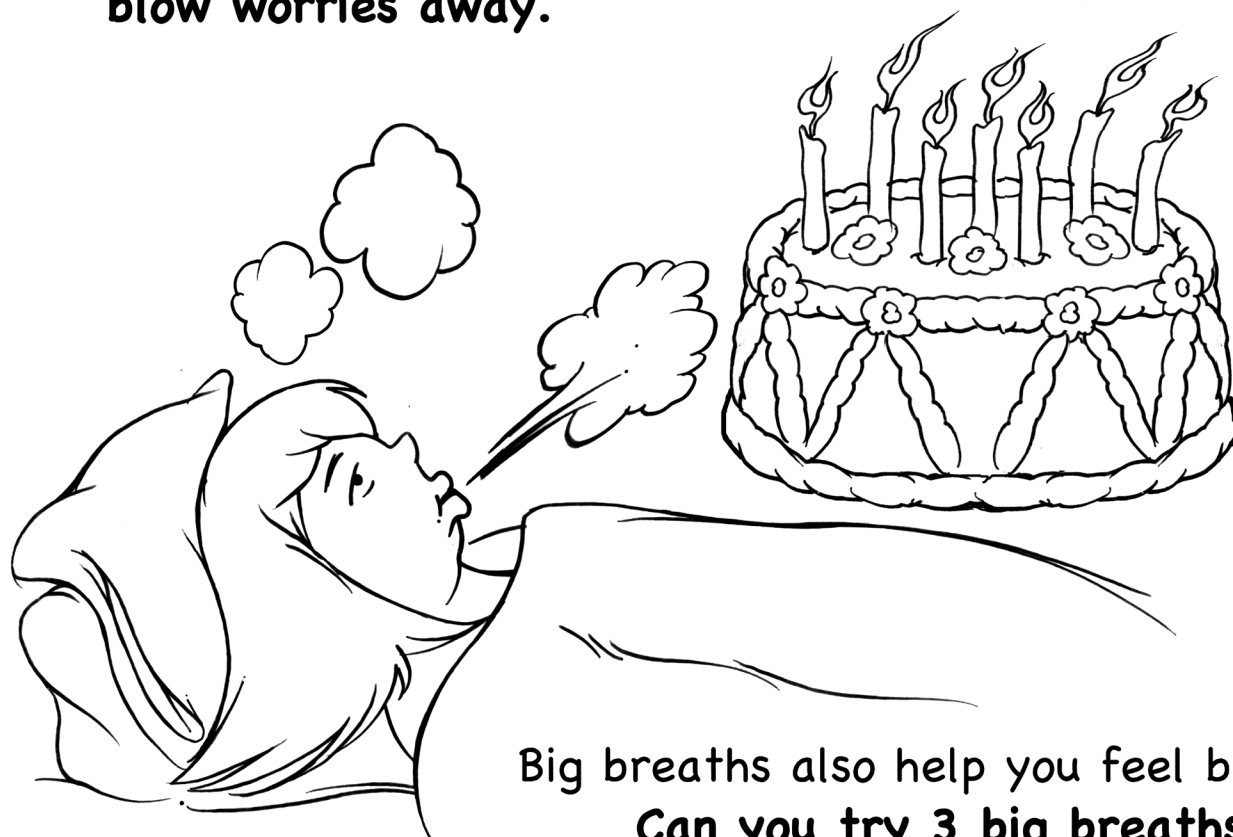
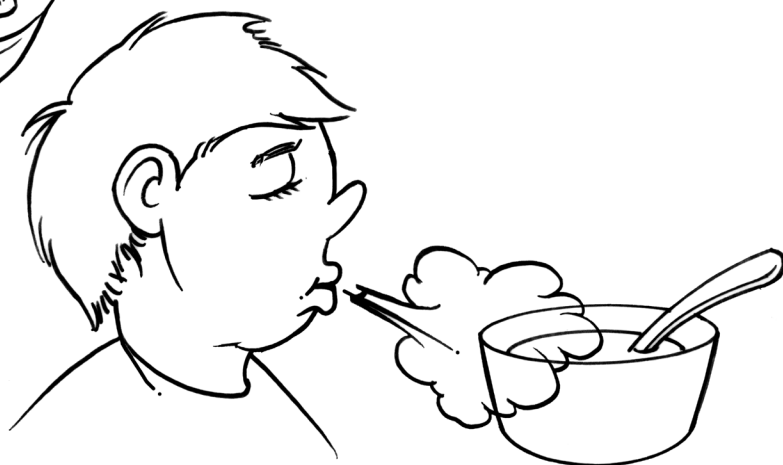
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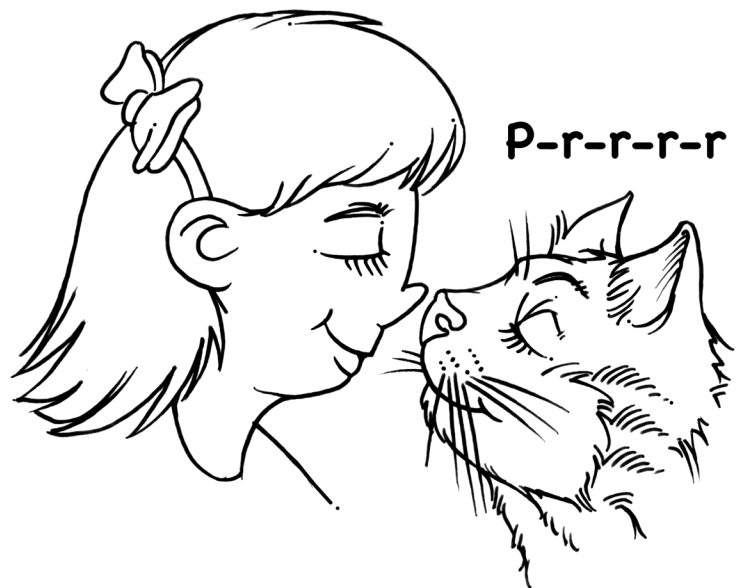
If you feel nervous,
here are some ways to
help you **feel calm**:



Taking **big breaths** in
through your **nose** and
out through your **mouth**
can help
blow worries away.



Big breaths also help you feel better.
**Can you try 3 big breaths
right now?**

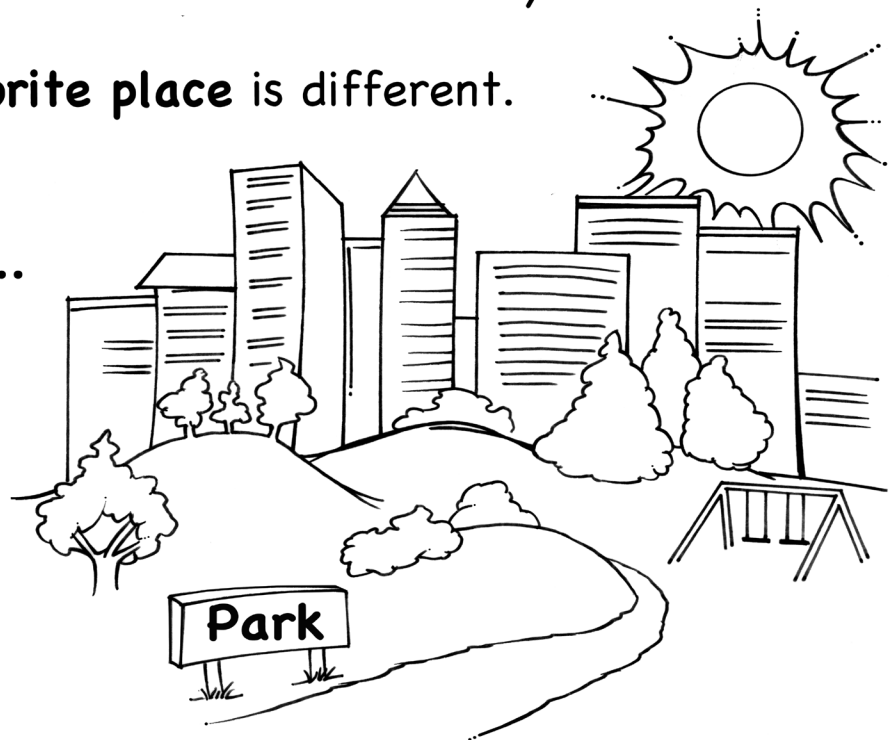


When you use your mind to imagine
your favorite place it sends a message
to your body to be **calm**.
What does your favorite place look like?
Who is there with you?

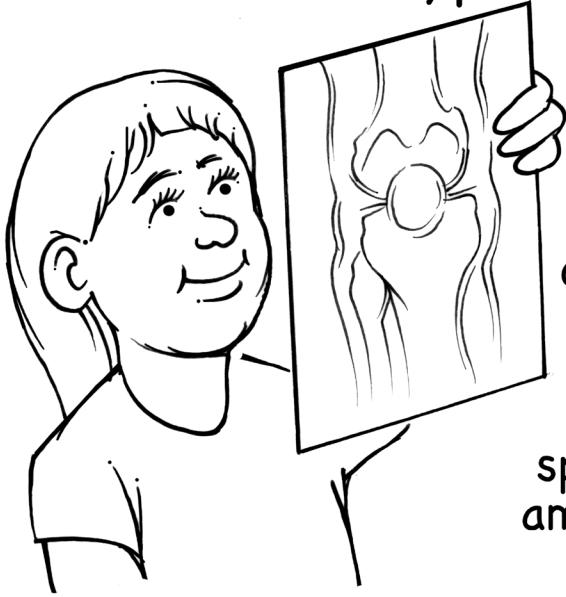
Everybody's **favorite place** is different.

Close your eyes...

and try to
picture yours.



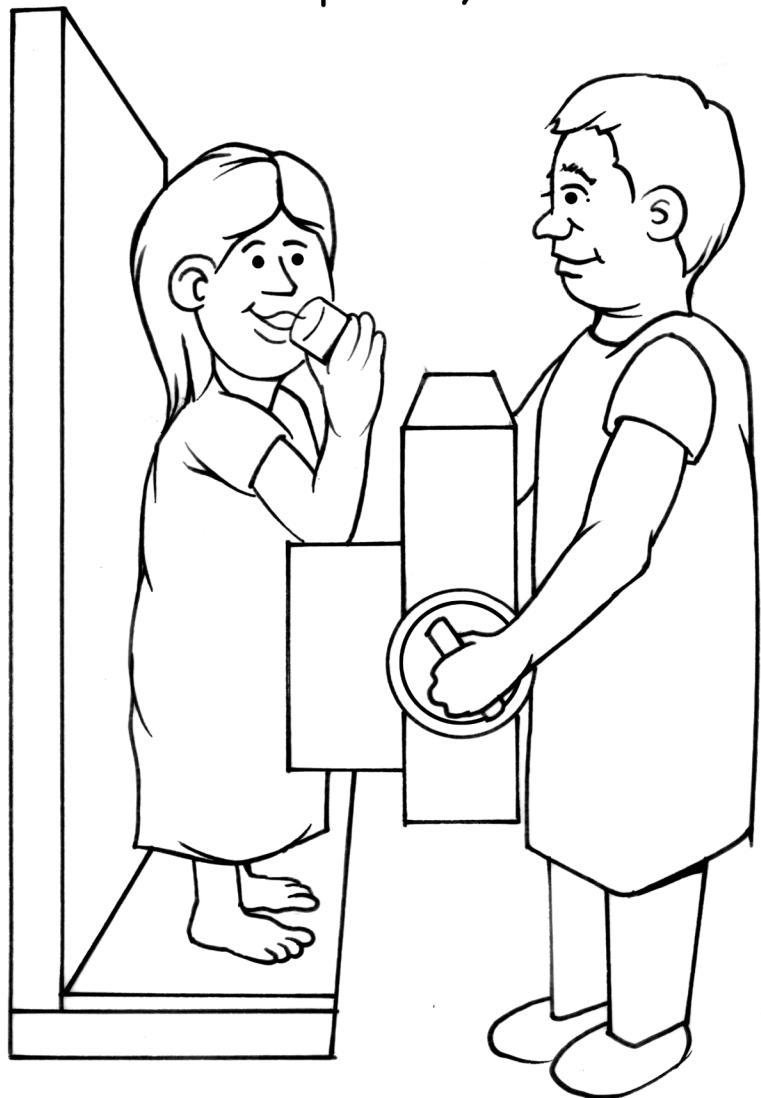
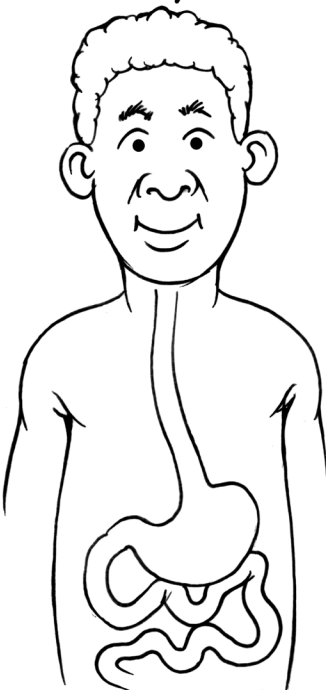
Different Types of Radiology Pictures

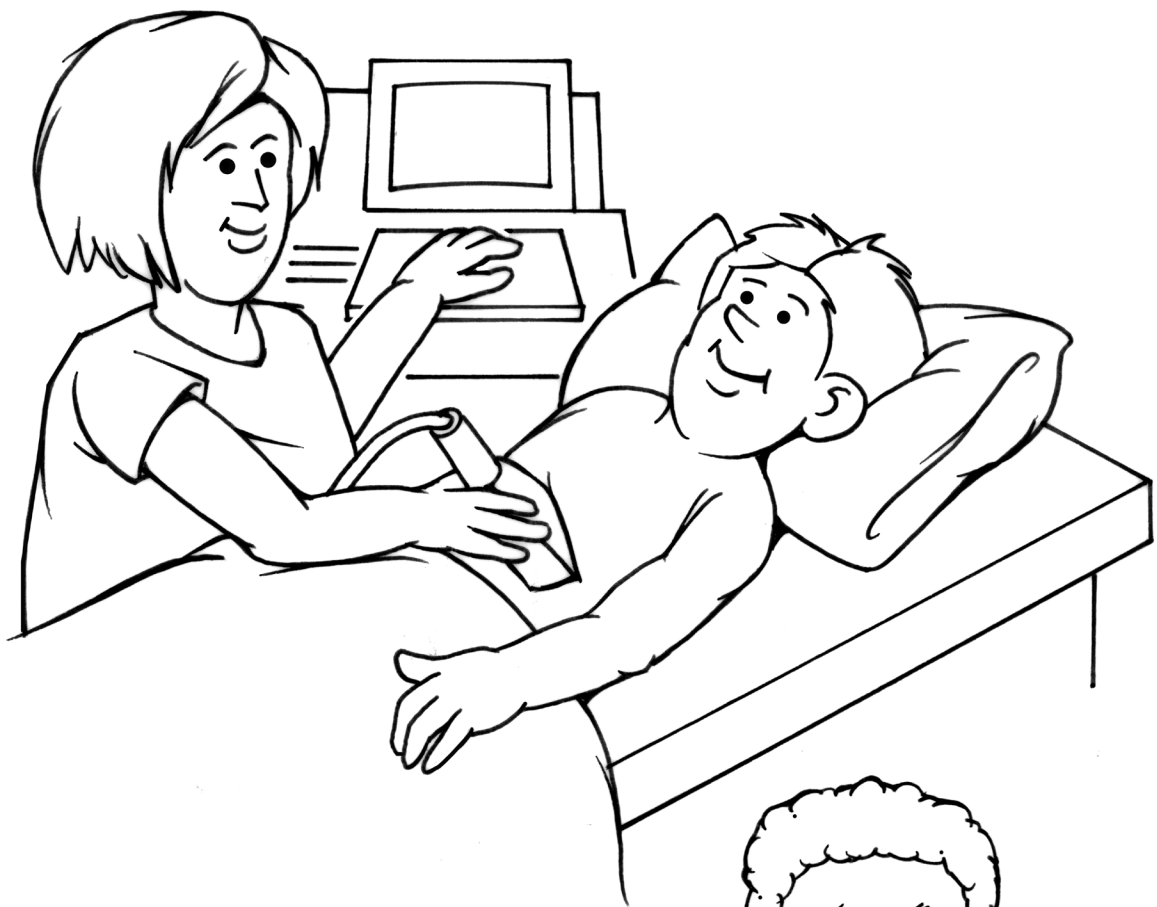


An x-ray is a picture that helps doctors see **inside** your body. The x-ray camera can see through clothes and even skin **without** ever touching you. Once you are comfortable and in the right spot, it will take about the same amount of time as a normal picture might take at home—one click and a beep and you're done.

A flouroscoy camera is alot like an x-ray. It takes **pictures** of the moving parts **inside** your body.

Some kids call it an x-ray camera.

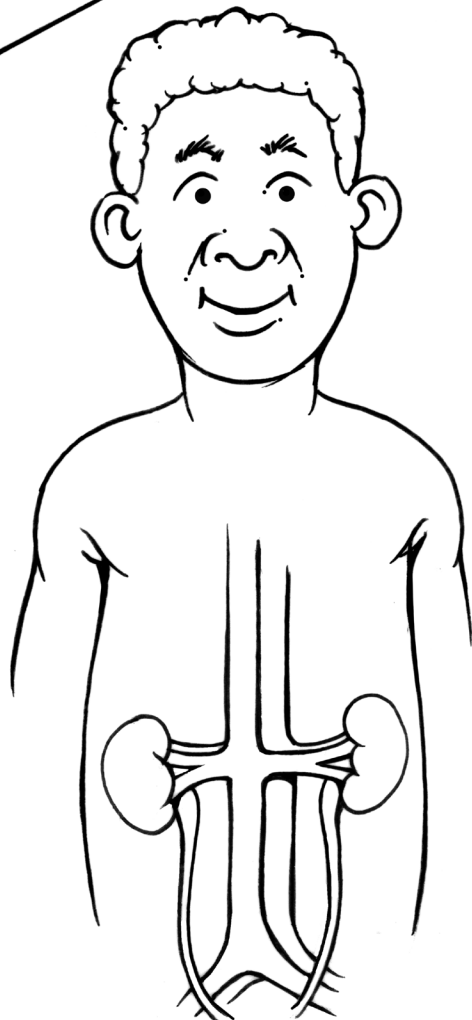


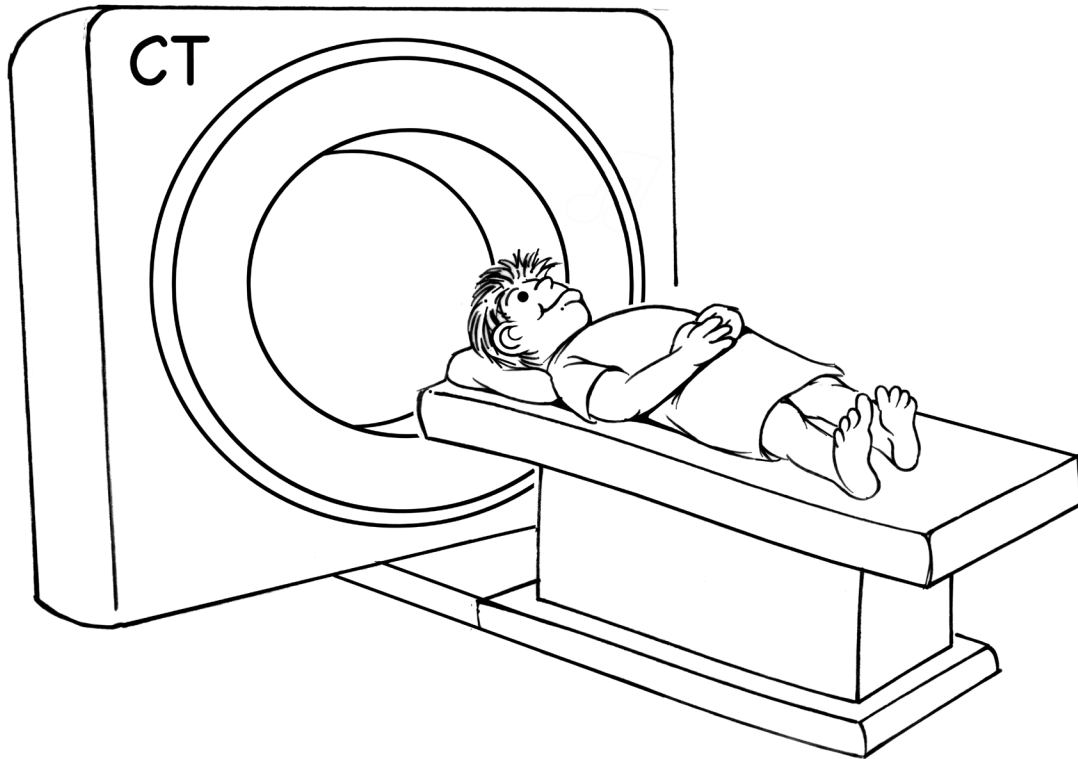


An ultrasound uses
sound waves to see
inside your body.

A small handheld scanner
glides over your skin
to take pictures.

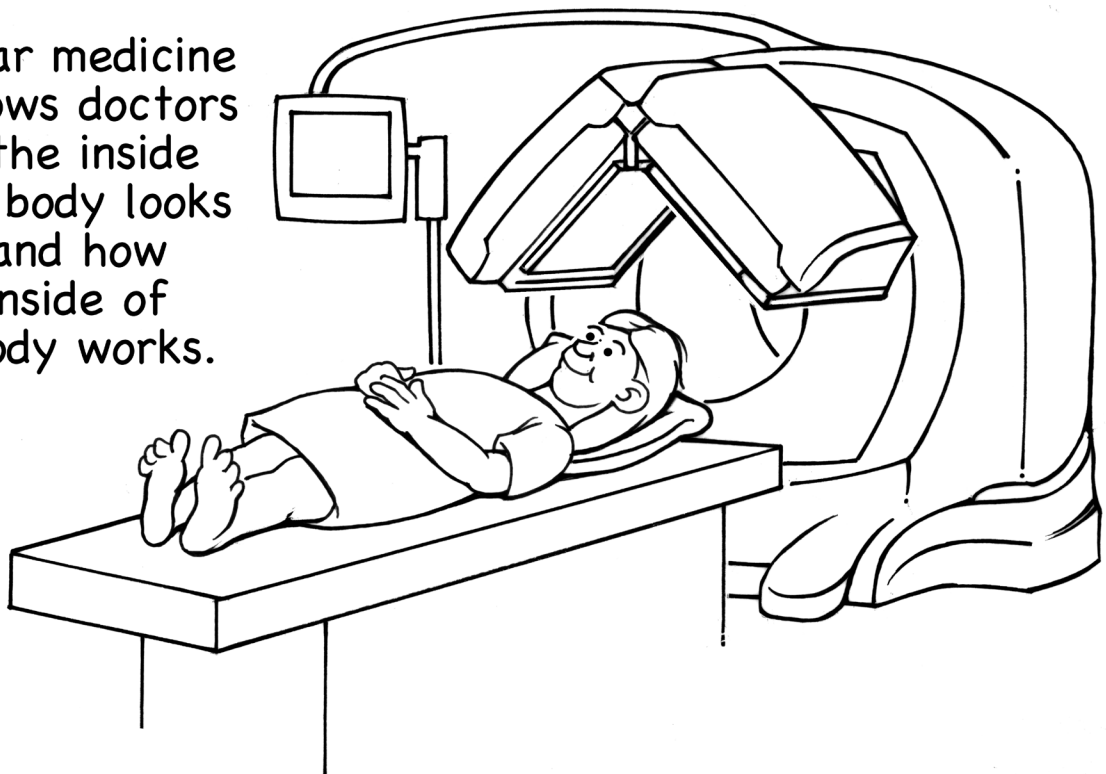
It doesn't hurt,
but it might tickle.





A CT scanner uses x-rays and a computer to create pictures of the inside of your body. Just like an x-ray, it never touches you. Always remember to hold extra still for your pictures.

A nuclear medicine scan shows doctors what the inside of your body looks like and how the inside of your body works.





An MRI is a noisy camera that takes **pictures** of the inside of your body. These pictures can take anywhere from ten minutes to two hours depending on the part of your body the doctor wants to see.

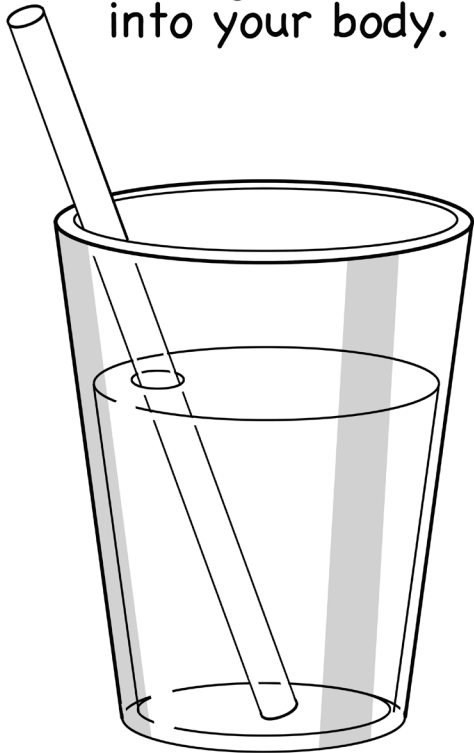
You can help us get really good pictures by **holding still** during your MRI.

What if You Need Contrast

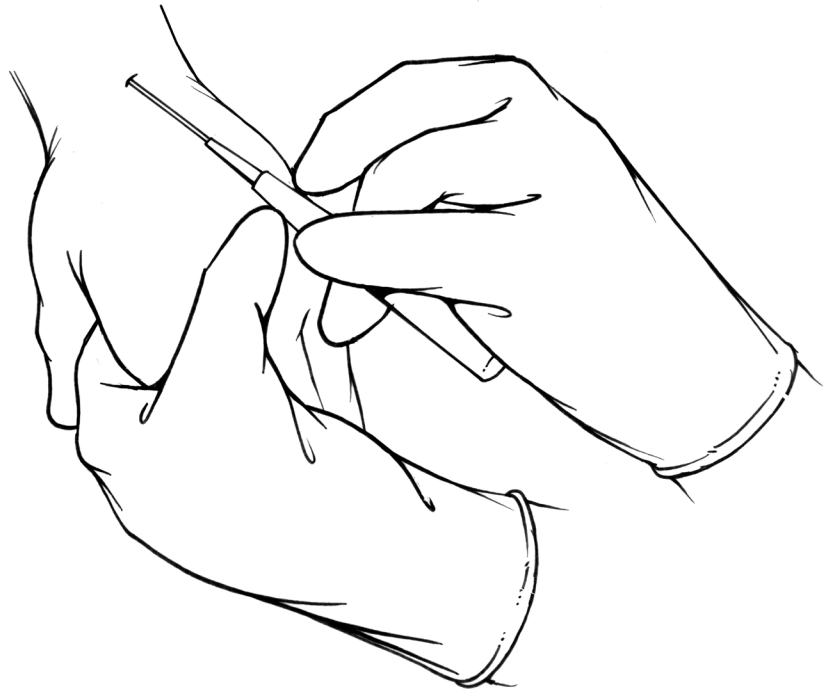
You might need **contrast** for your pictures today.

Contrast is a fluid that helps your pictures look bright and clear. There are **two** different ways to get contrast into your body.

Drinking is one way to get contrast into your body.



An **IV** is **another** way to get contrast into your body.



An IV is a **tiny tube** put into your veins. When the IV goes in, some children say it feels like a quick pinch. When you are finished with your pictures, the nurse or technologist will take out the IV.

You have lots of choices about how to make your IV easier. Some children choose to sit in their parent's lap and **take deep breaths** while they get their quick pinch.

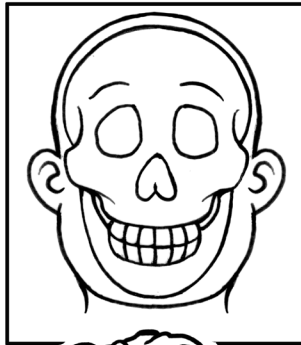
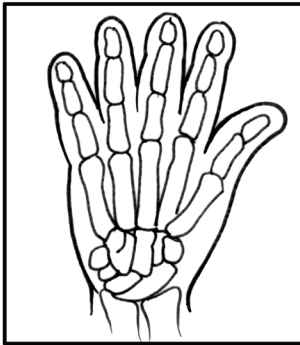


Other children like to lie next to their parent and watch all of the steps.

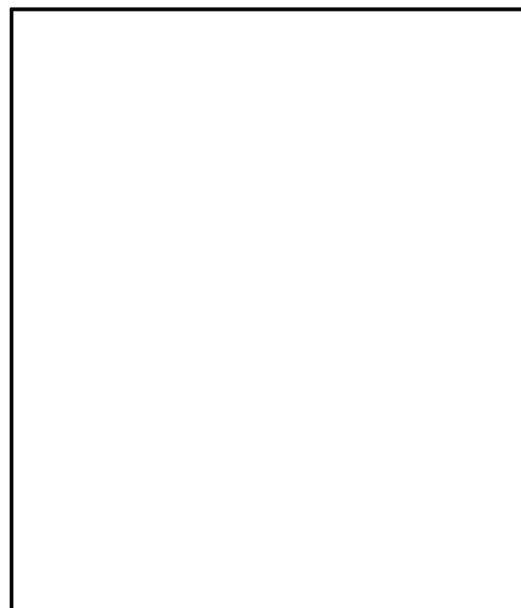
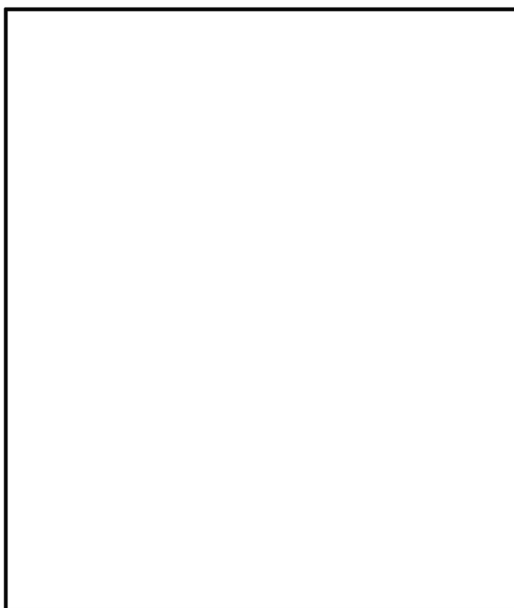
This is a great time to try to imagine a place that makes you feel safe.

Remember it is ok to speak up if you need a break or think of a way we can make you feel more comfortable.

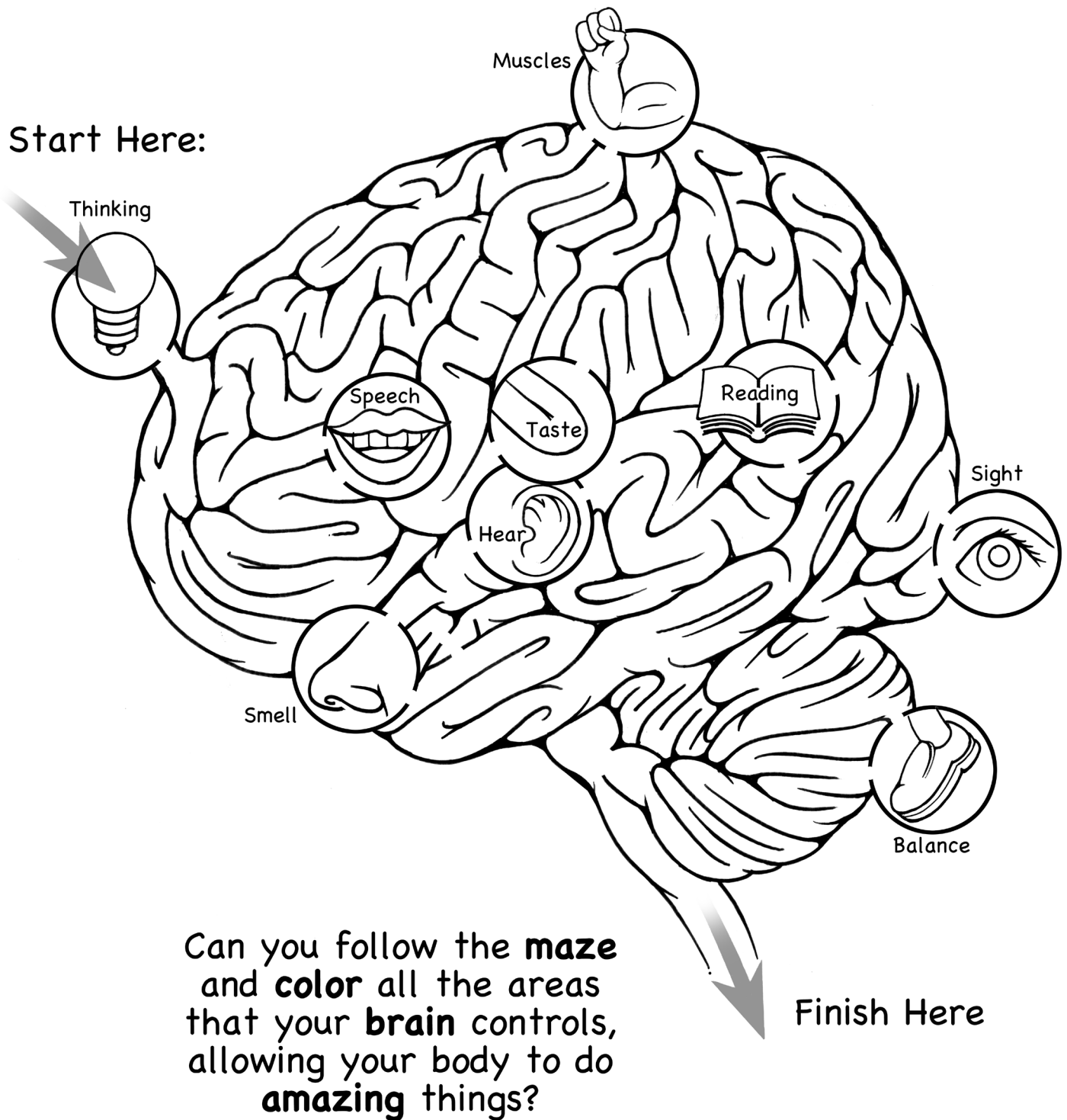




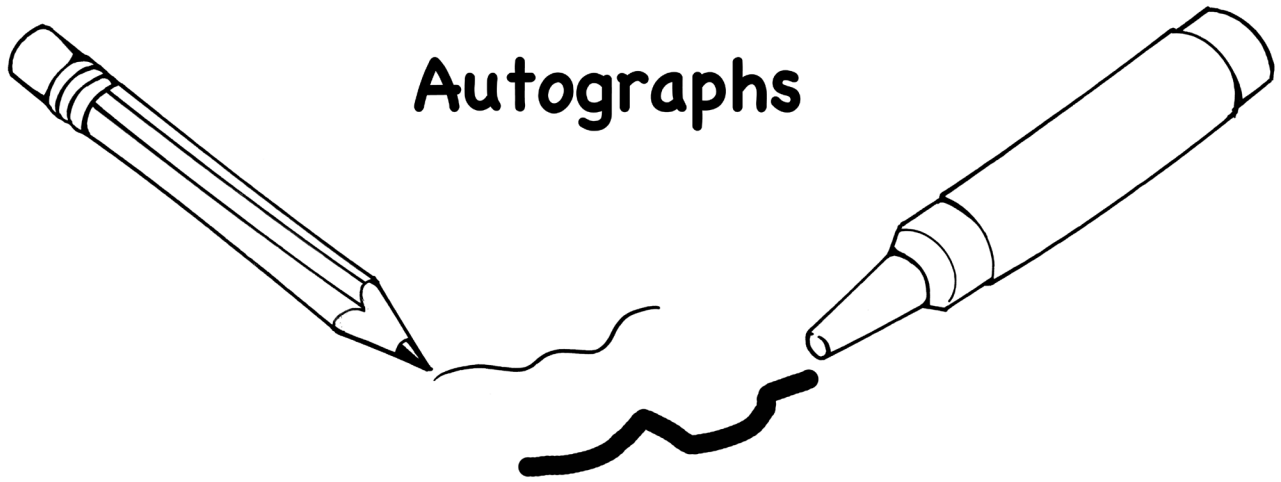
Draw what you think **your** picture will look like.



The Amazing Brain Maze



Autographs





T. Phelps



Illustrated and designed by
Tim Phelps, MS, FAMI
Associate Professor and Medical Illustrator
Department of Art as Applied to Medicine

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