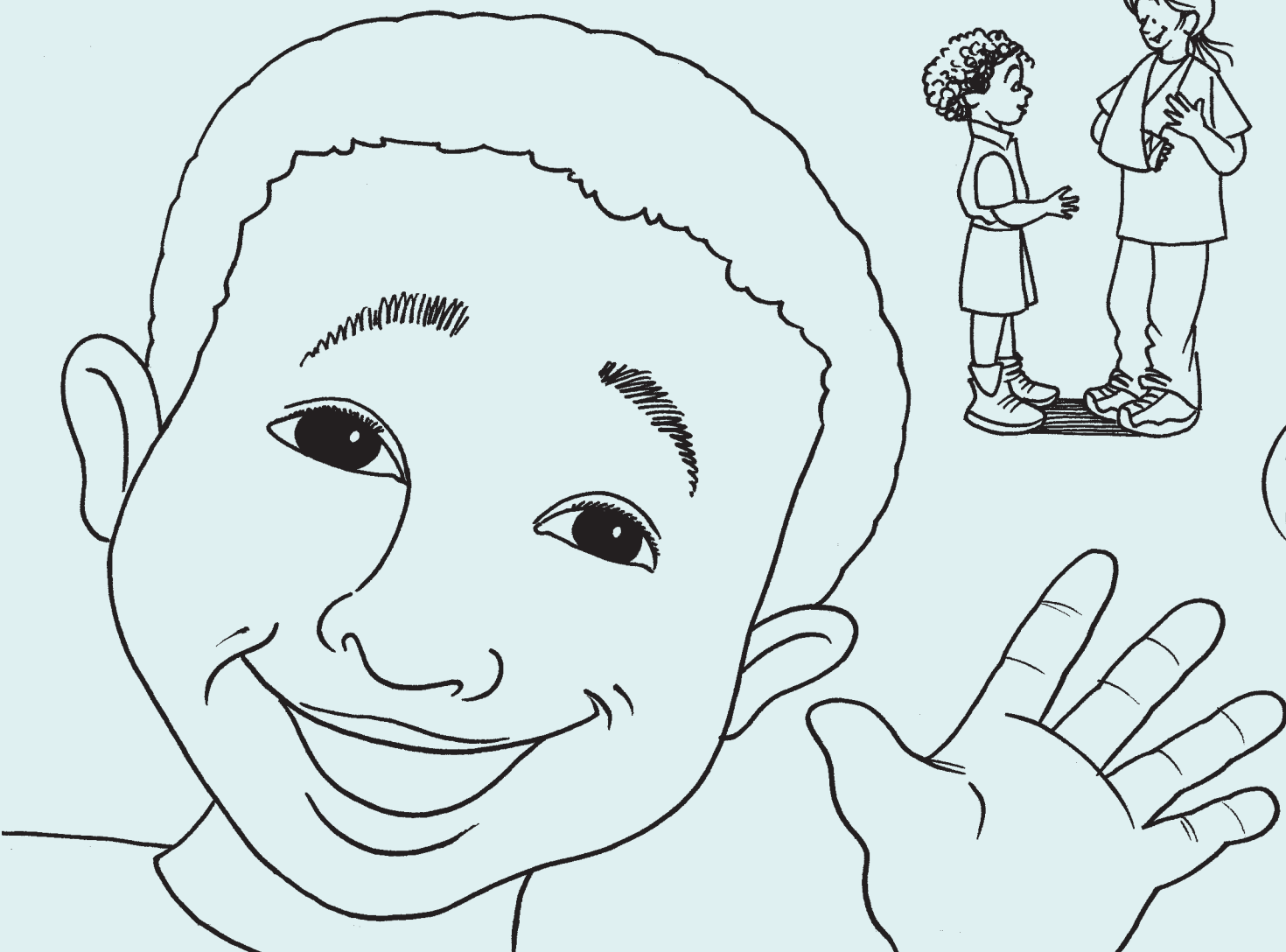


*A read-along  
coloring book  
about*

**Children's**<sup>®</sup>  
**HOSPITALS AND CLINICS**

Minneapolis/St. Paul, Minnesota



**This book belongs to**

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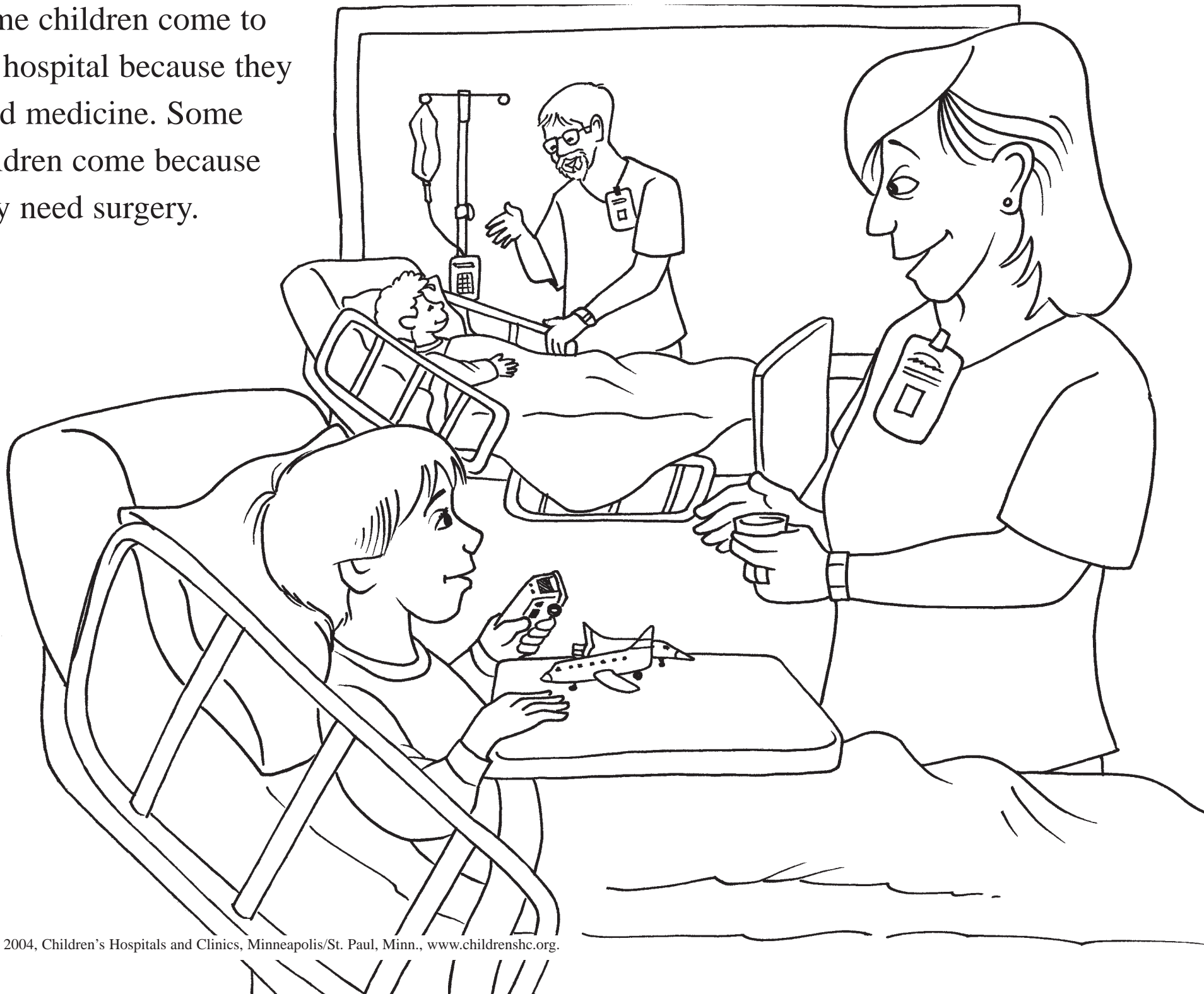
What part of you  
needs to get well or  
needs help  
to get  
stronger?

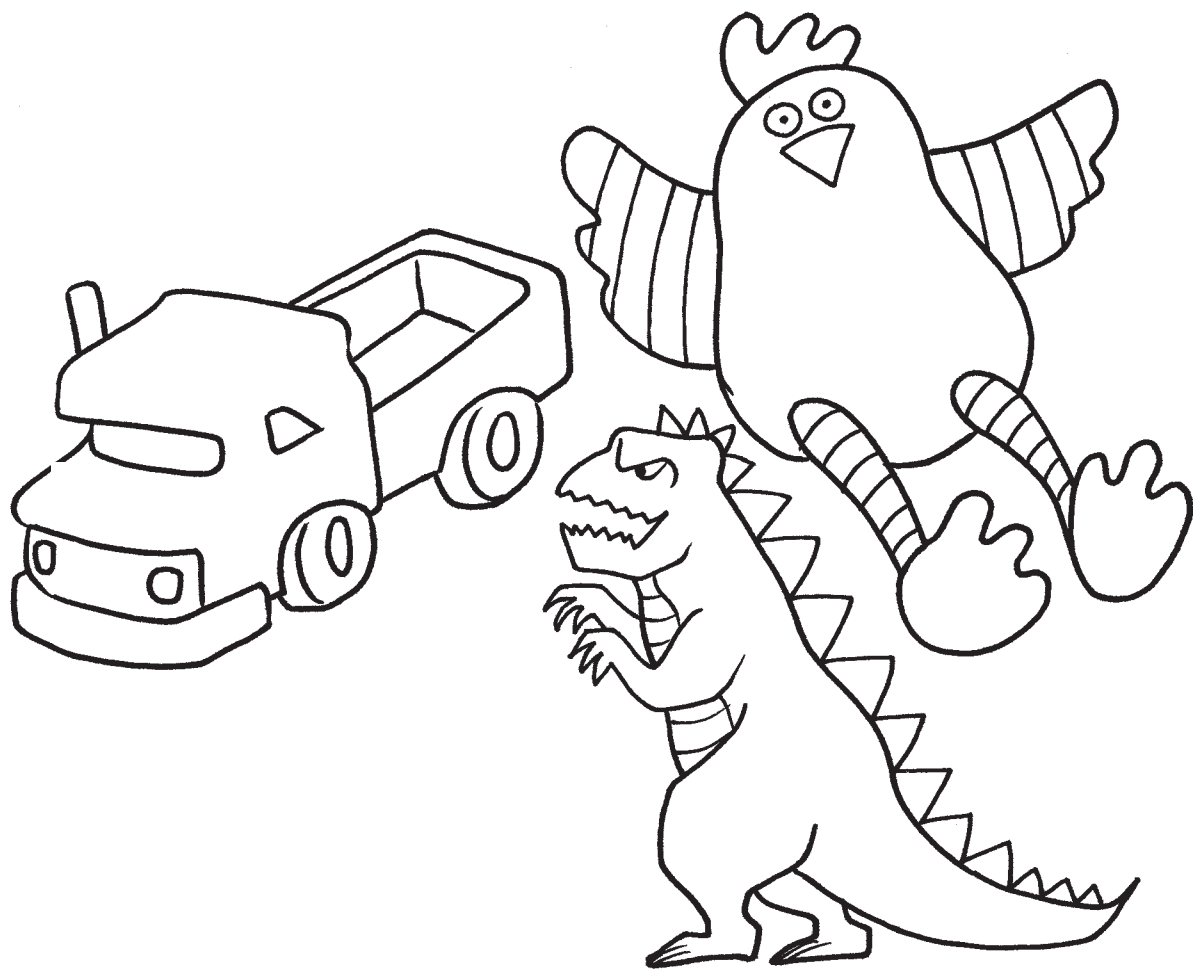
Mark where that is on this picture.

## **Have you ever been to Children's Hospitals and Clinics?**

Children's is a place just for children. The people who work here will help you to get well or make your body strong again. They like children and like to explain things. Whenever you do not understand something, it is OK to ask questions.

Some children come to the hospital because they need medicine. Some children come because they need surgery.

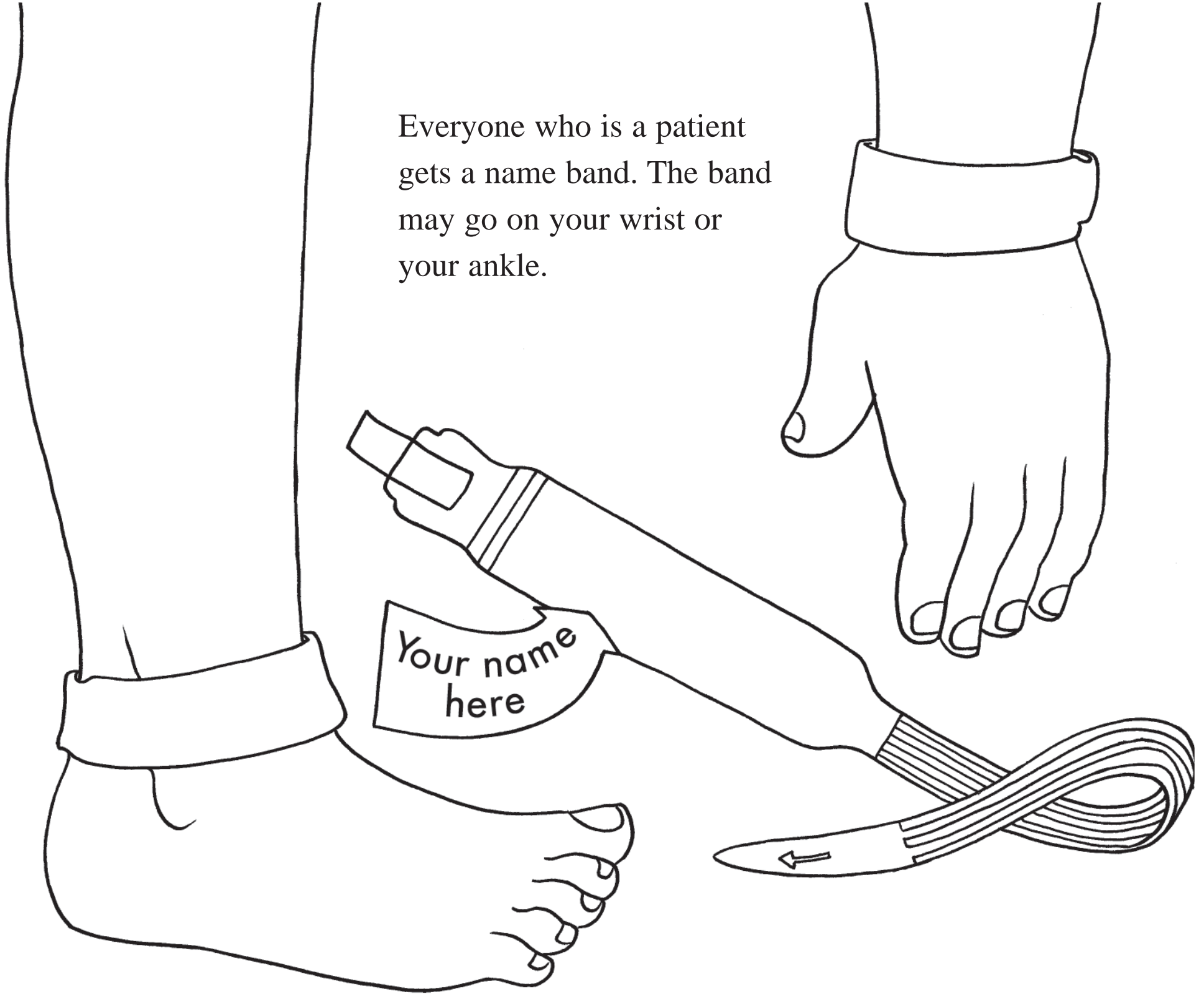


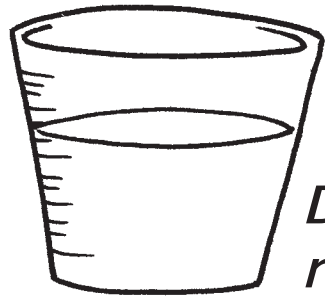


Some children bring a favorite toy or blanket the day of their surgery. What will you bring?

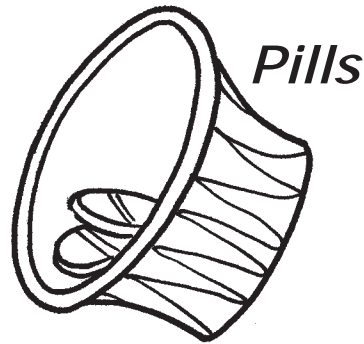
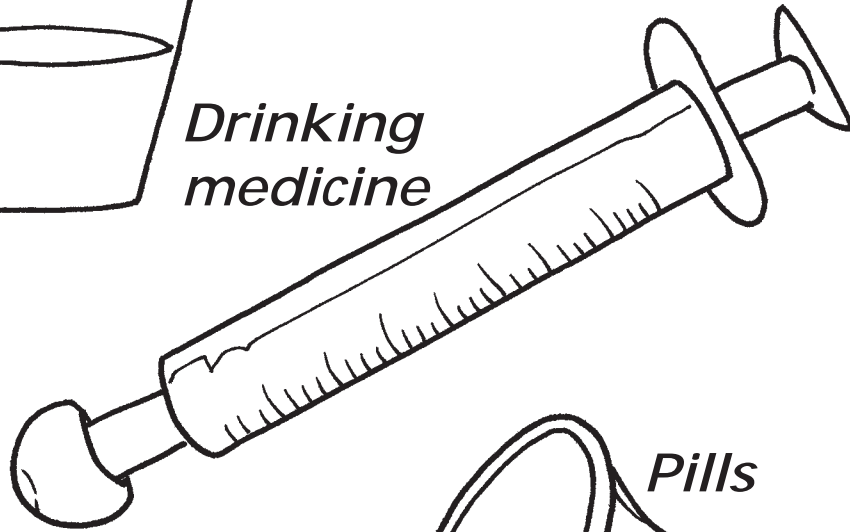


Everyone who is a patient gets a name band. The band may go on your wrist or your ankle.



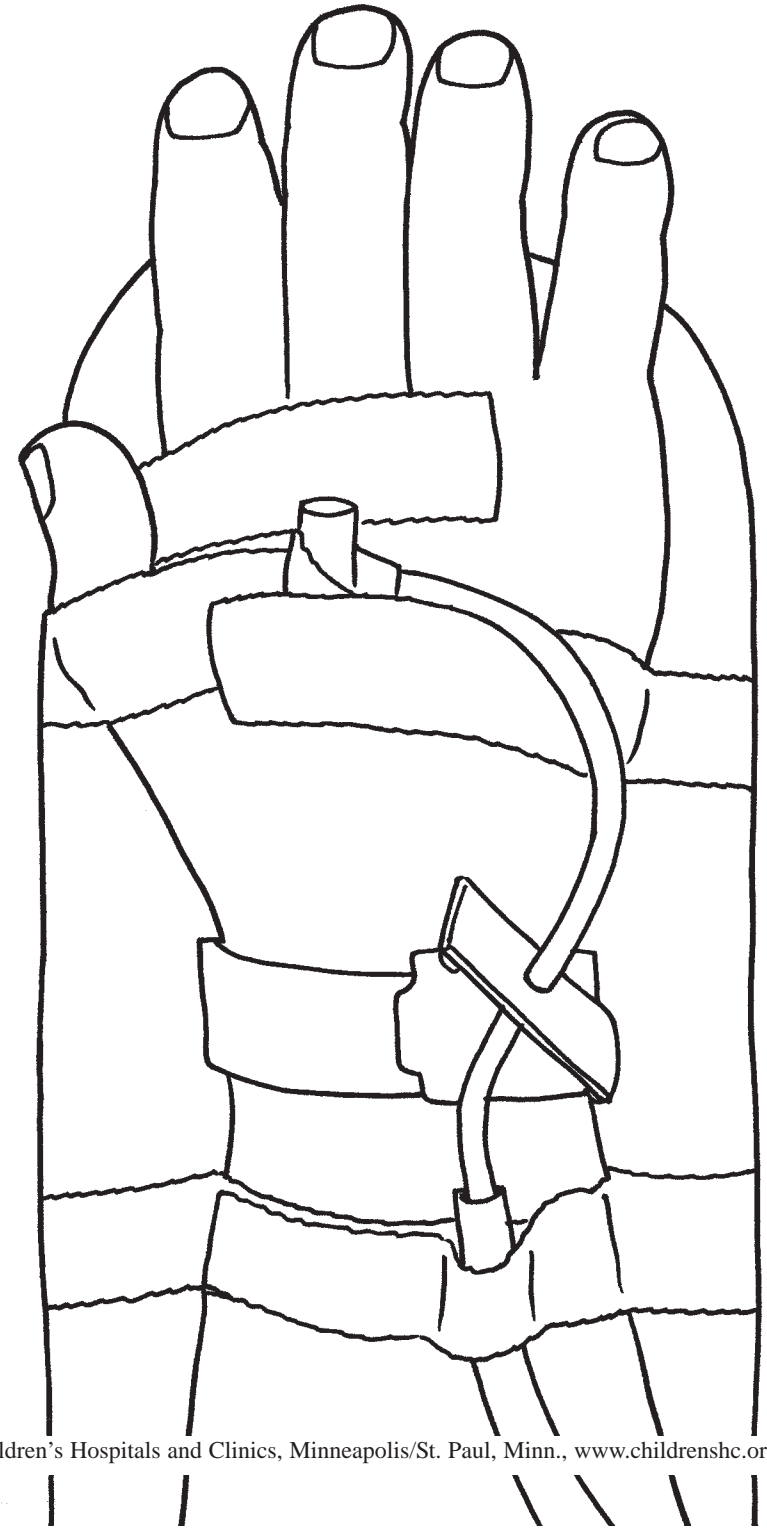


*Drinking  
medicine*



*Pills*

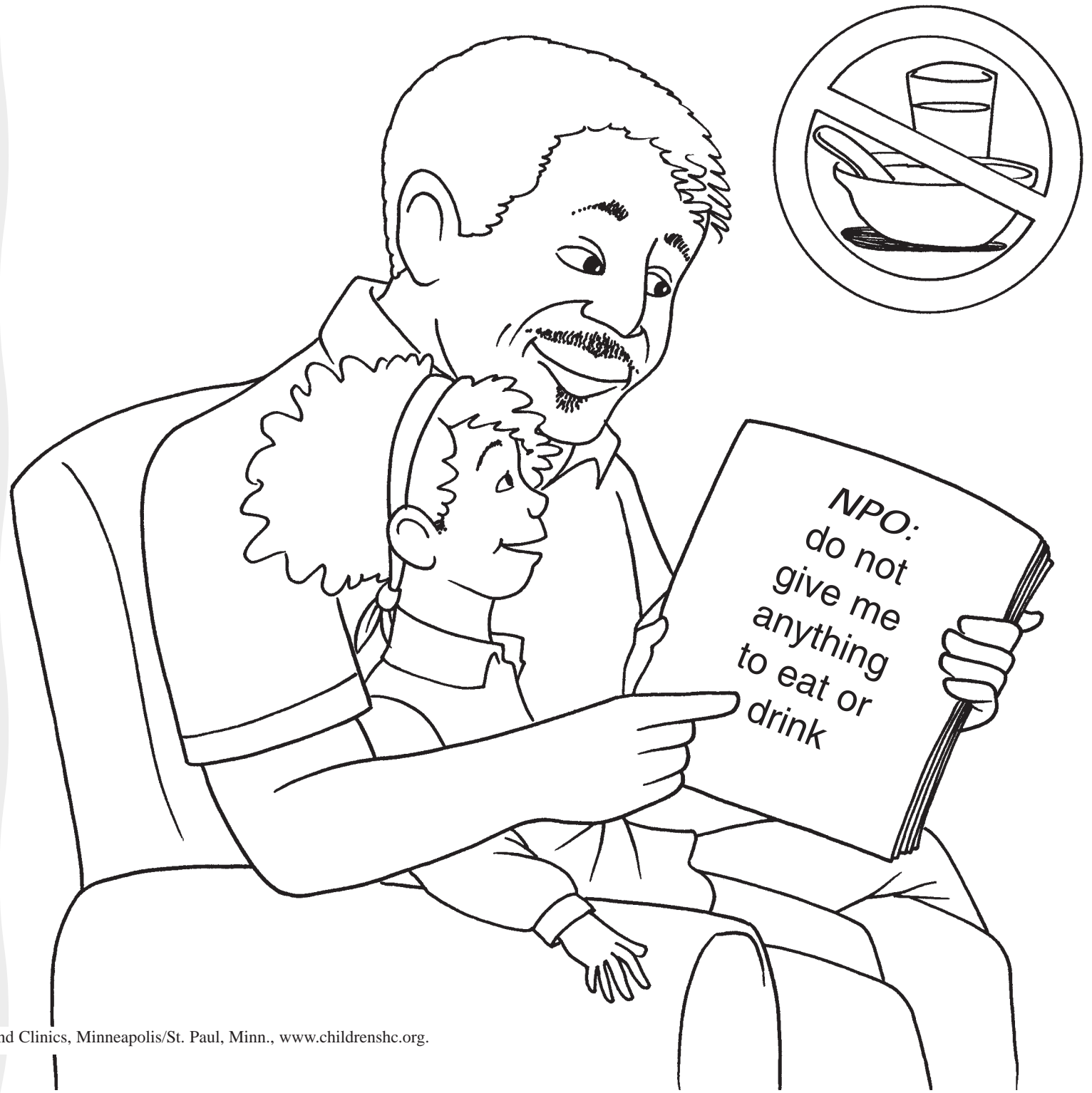
*IV medicine*



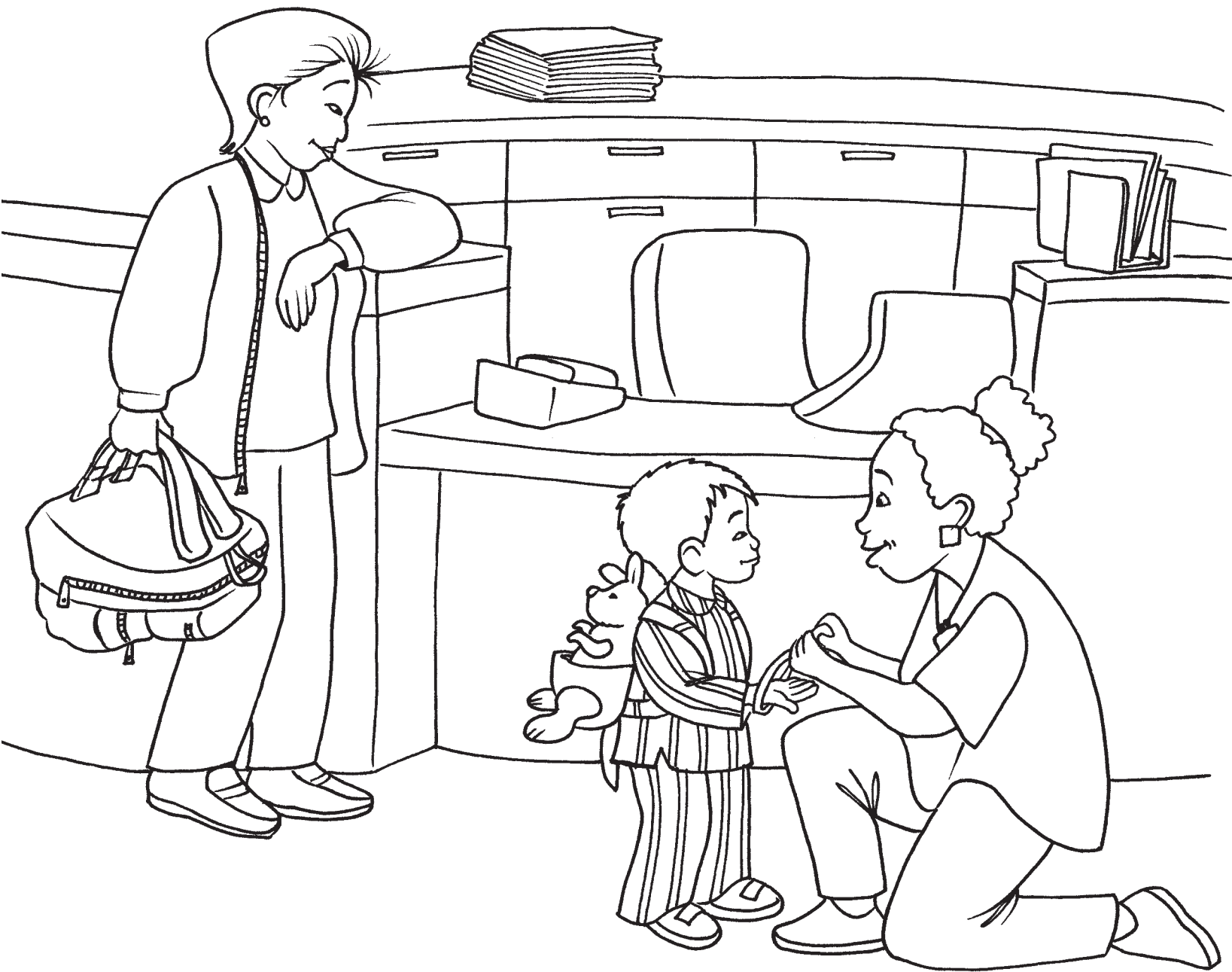
You may need to get different kinds of medicine while you are here. Some medicines help you sleep, some help you feel more comfortable, and some help you get well.

Medicine is never given because you are bad or did something wrong.

When you have surgery, it is important that your stomach be empty so it does not get upset. Your family will tell you when you should stop having anything to eat or drink. The nurses call this NPO.



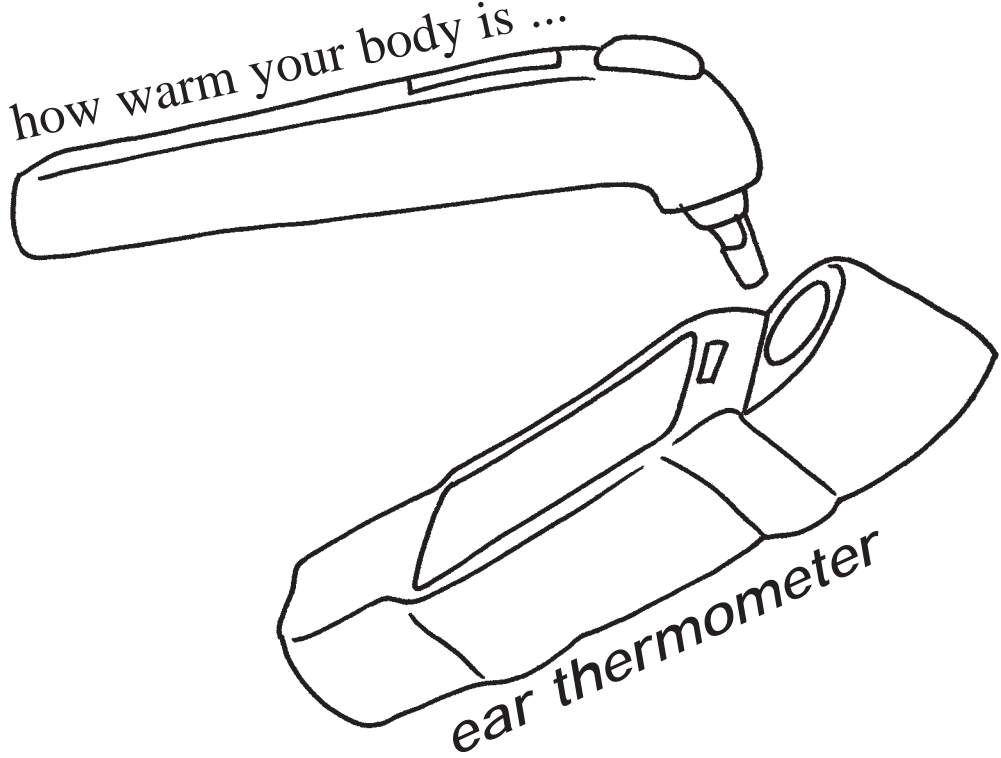


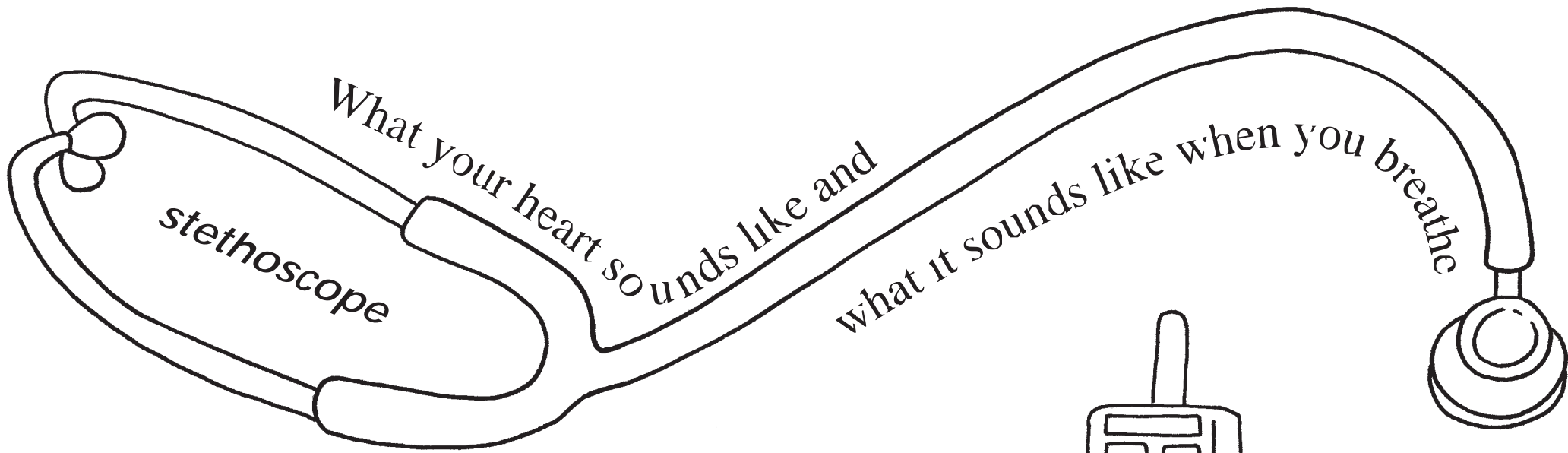


When you arrive, you will be given the band with your name on it.



The nurses will want to find out how tall you are and how much you weigh ...

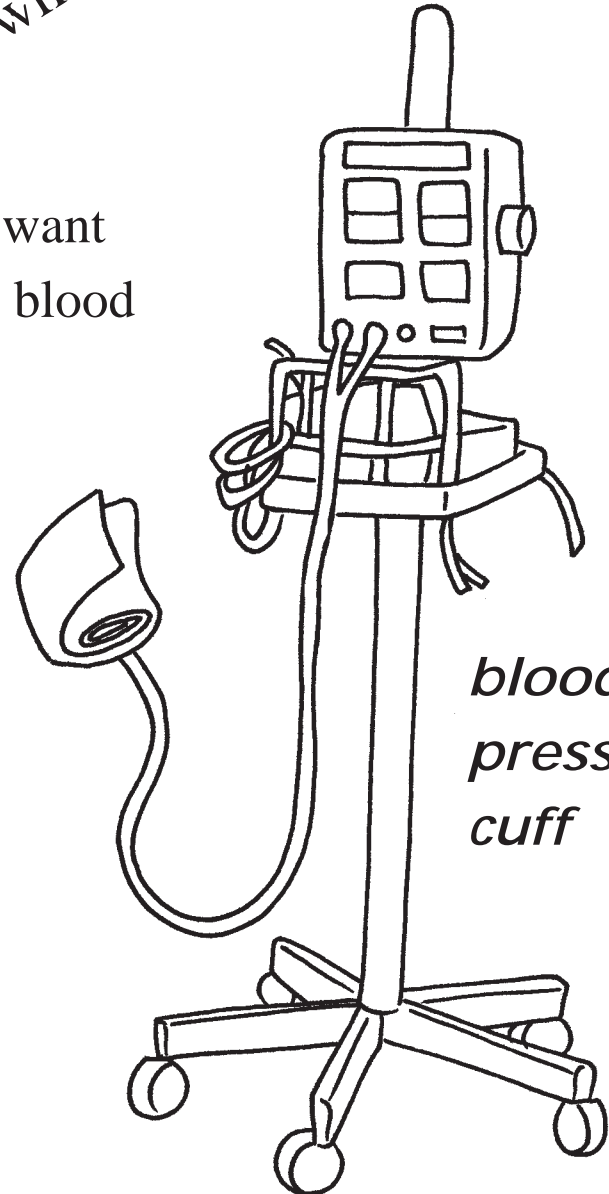
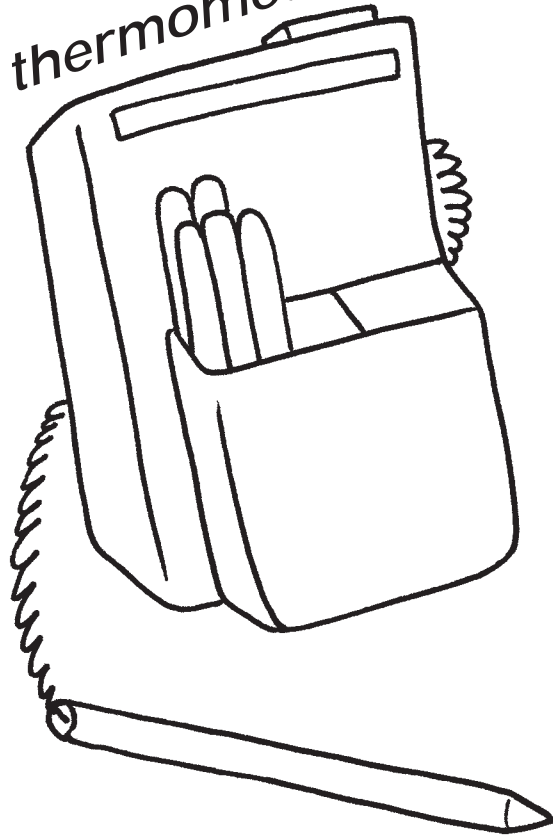




stethoscope

and they will want to check your blood pressure.

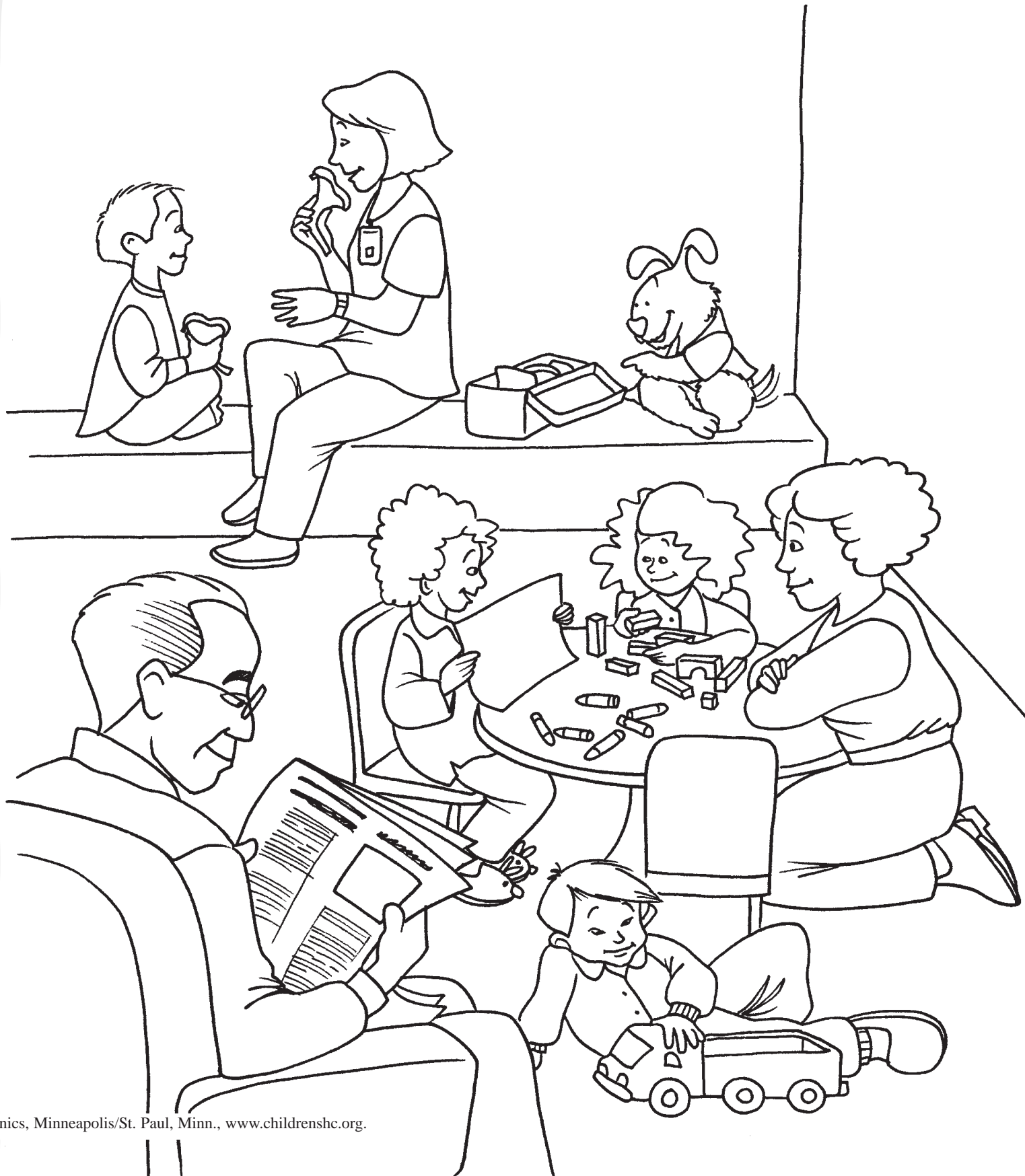
oral thermometer

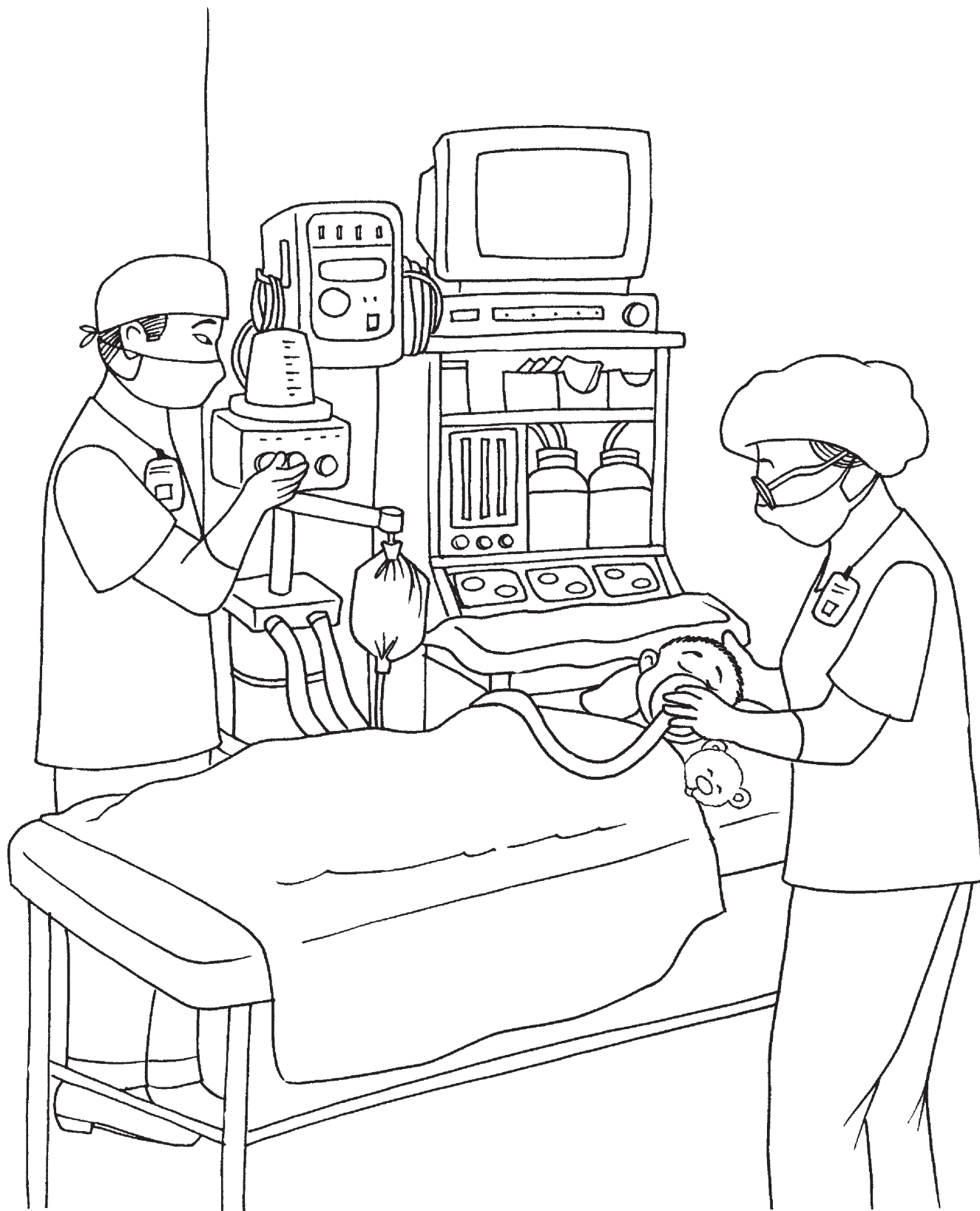


blood pressure cuff

The nurse will give you pajamas to wear. This is a good time to ask questions if you have any.

You will have some time to wait and play.



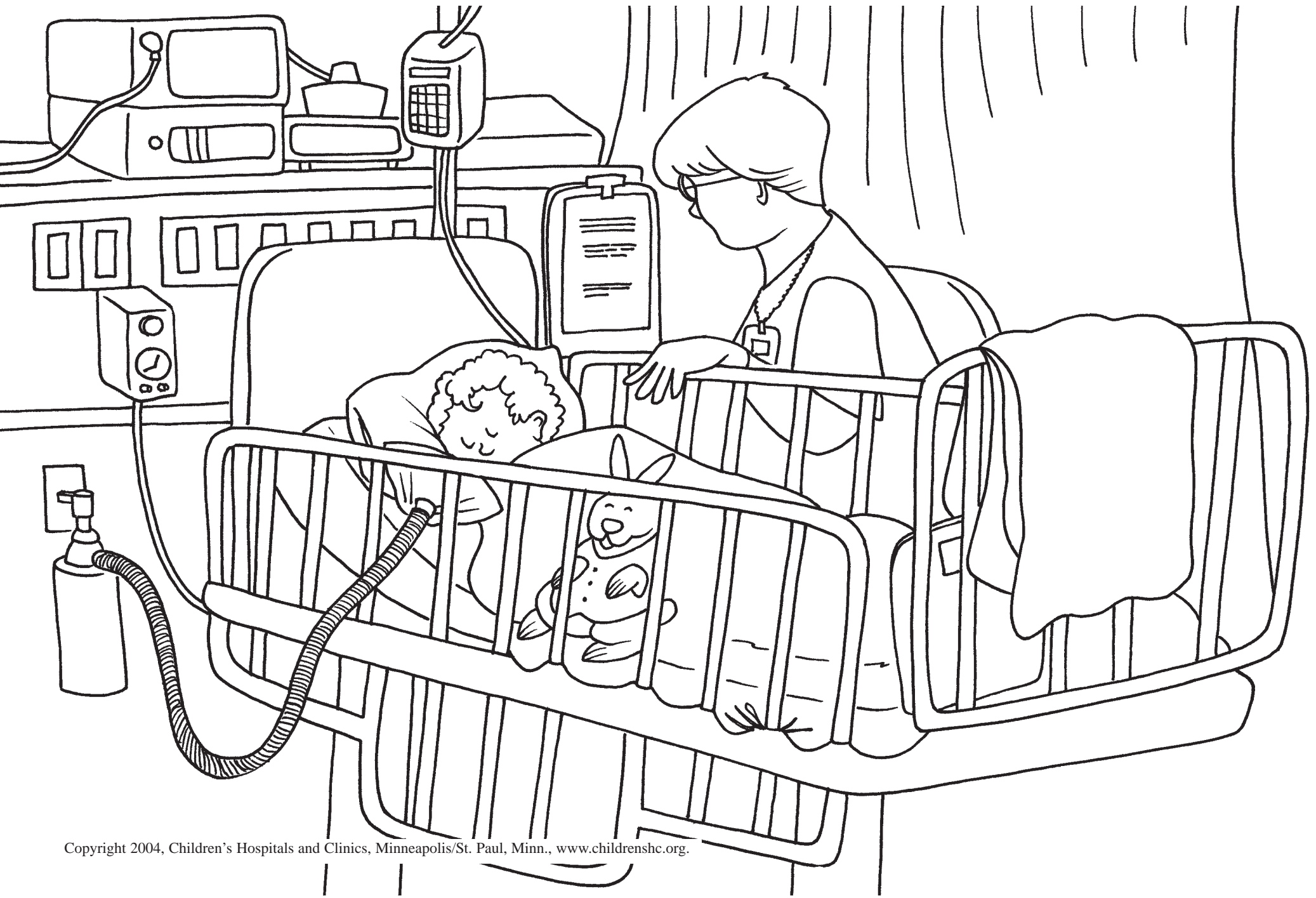


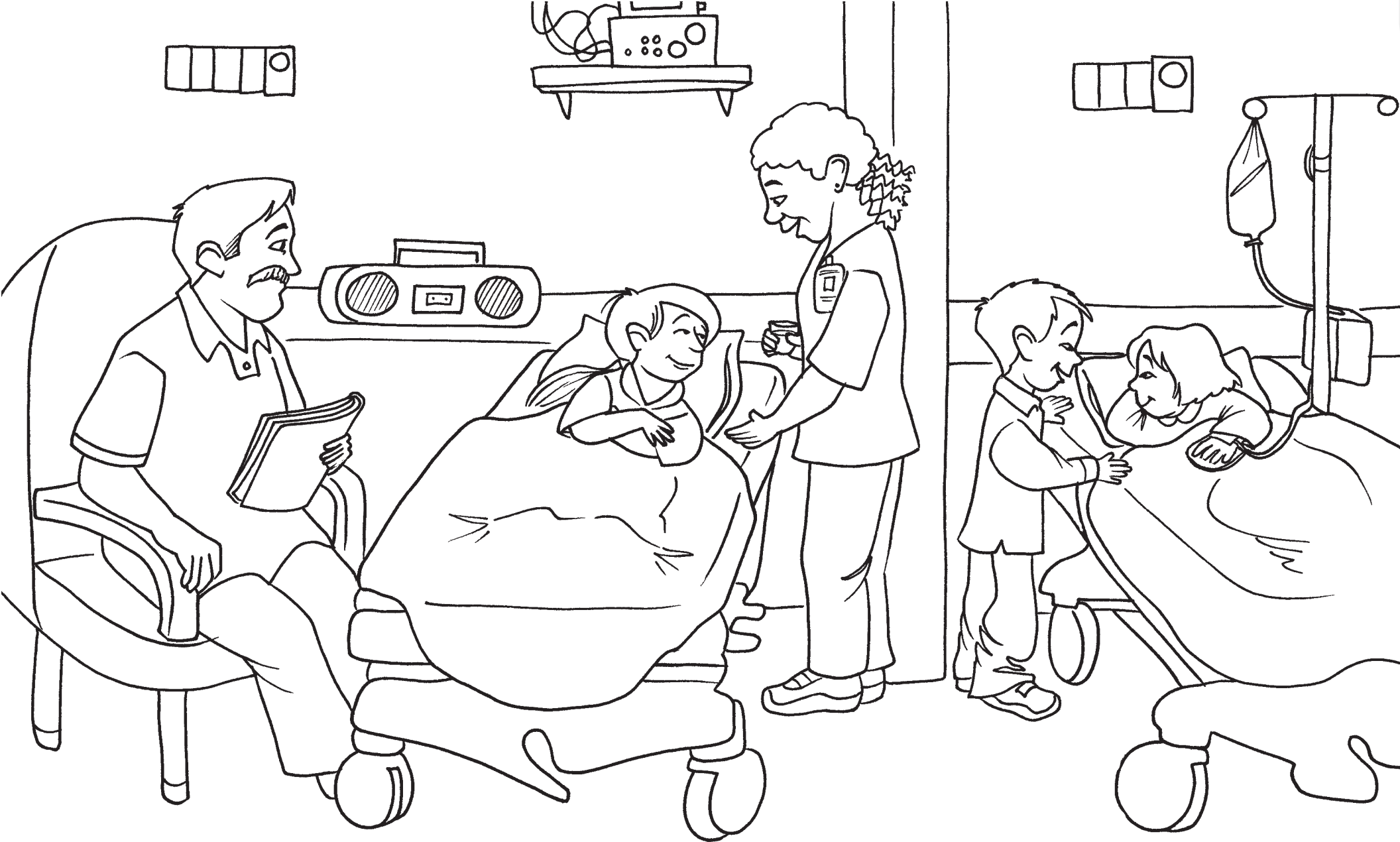
This is a room where you will fall asleep for your surgery. It has special equipment and lights. You will breathe some anesthesia medicine so you don't feel anything during your operation. The doctors and nurses wear gowns, hats, masks, and gloves in surgery.



While you are having your operation, your family will wait for you in the surgery waiting room.

After your operation, you will start to wake up in the recovery room.  
Someone will always be with you.





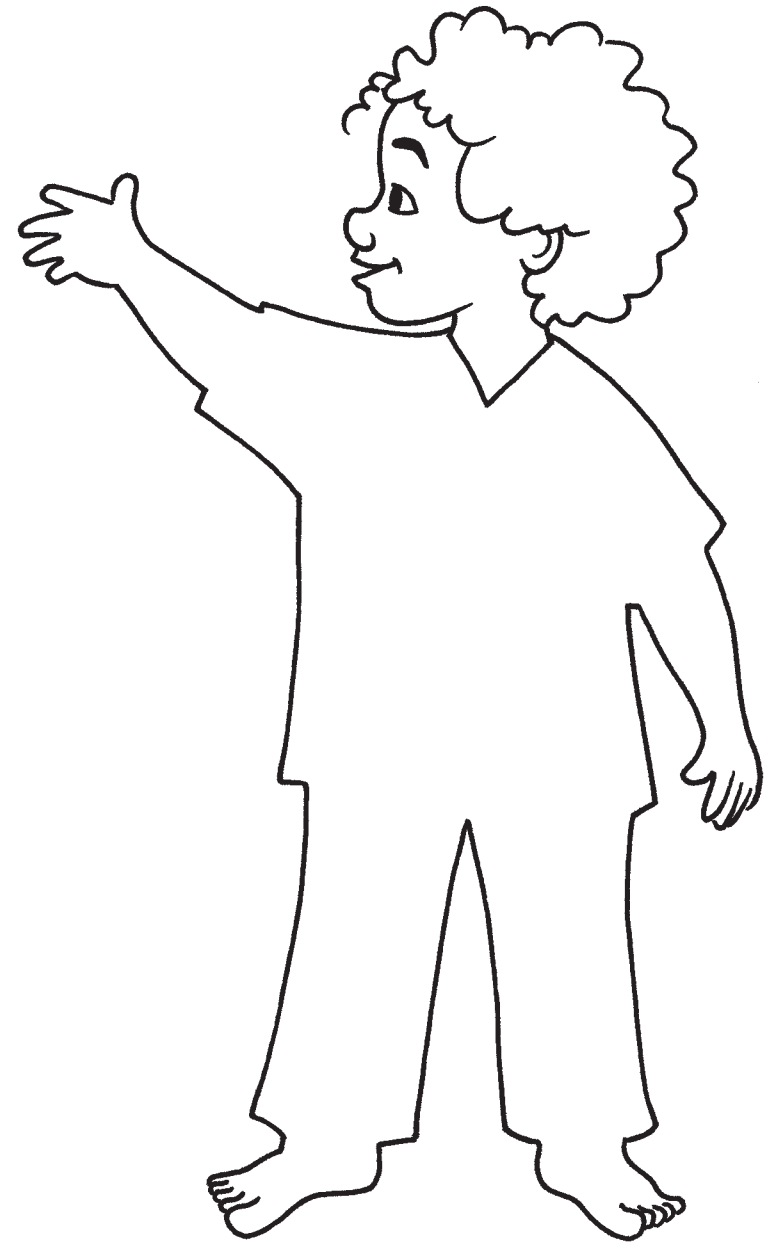
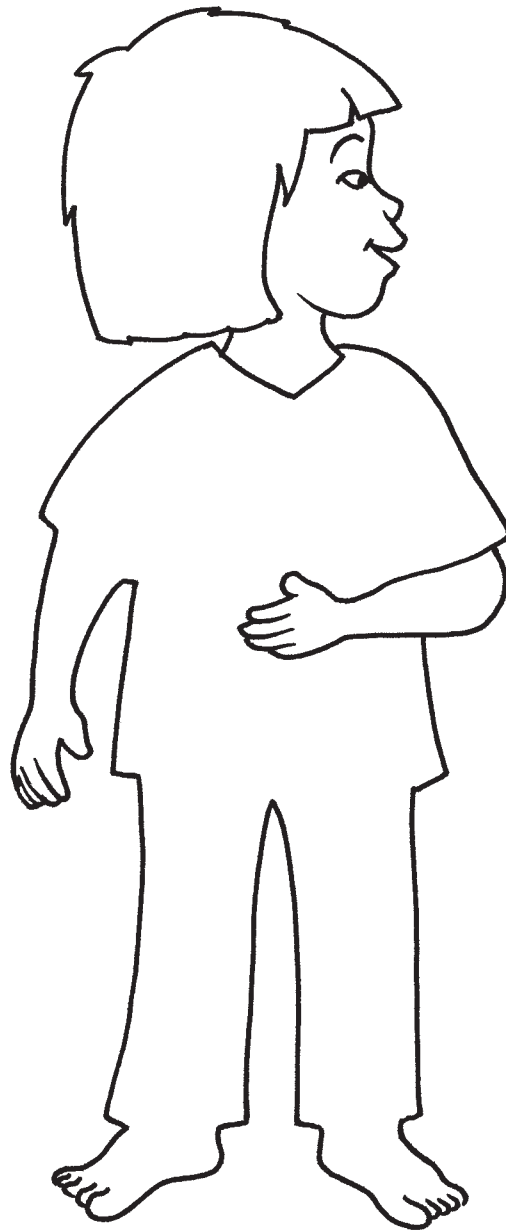
Your family will go with you to another room where you will stay until you are fully awake.

There may be other children resting in this room also. If you want some time for yourself you can pull the curtains around your bed. You may read a story, watch TV, or eat a popsicle. Some children even feel like getting up to play.

The nurse will check on you until it is time to go home.

After your operation, you may have a bandage, IV, finger light, or cast.

Draw how you think your body will look.



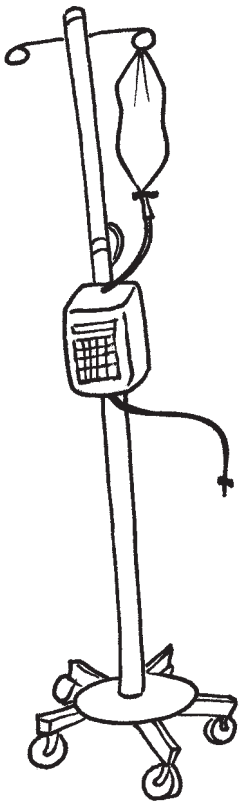
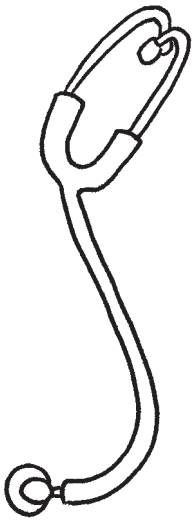




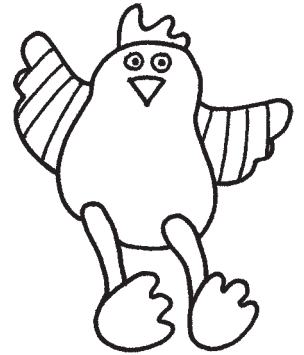
When you go home, you may want to tell your friends about your stay here. You can show them this book and your name bracelet, and tell them what it was like to be at Children's.

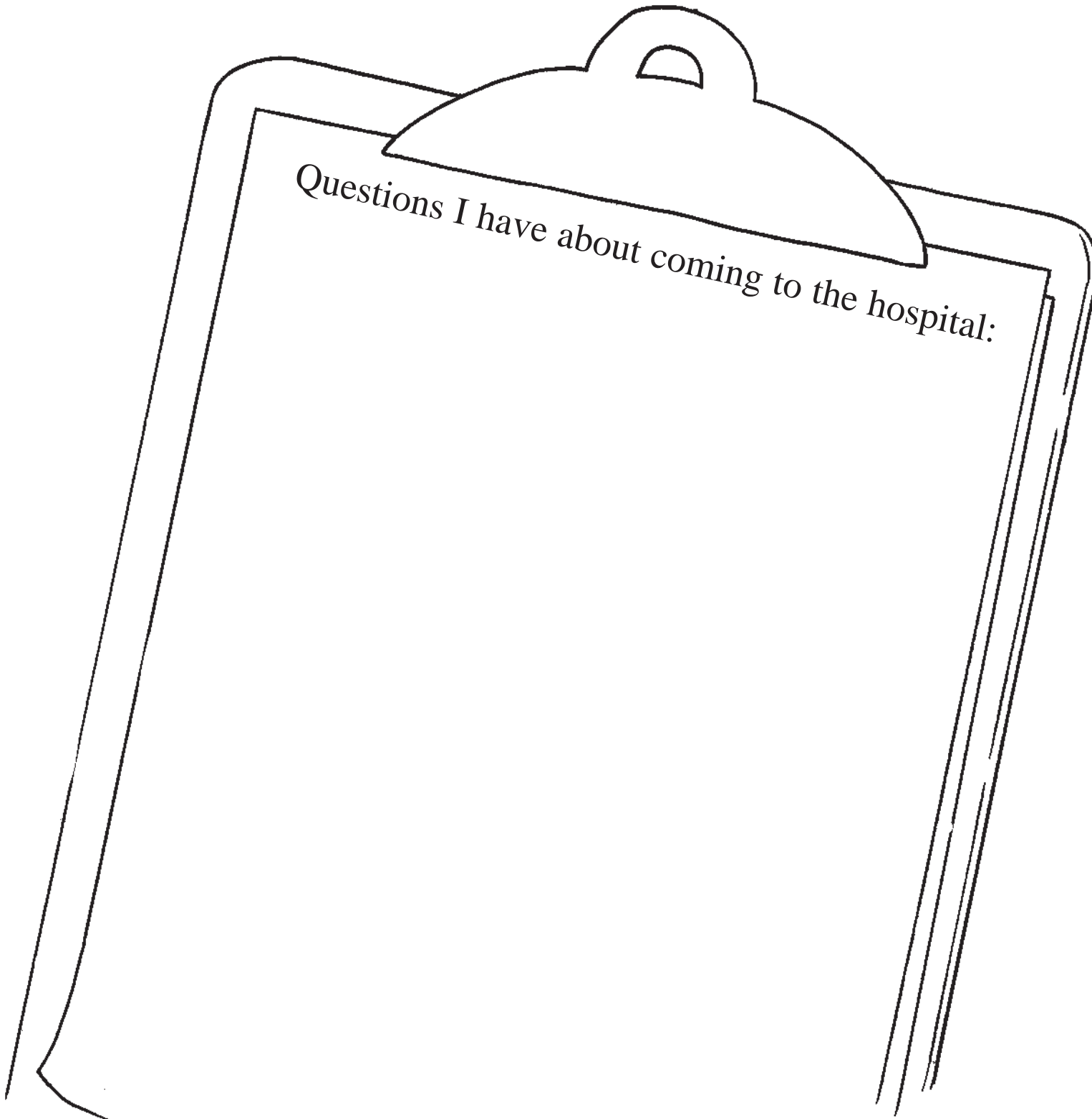
You can visit our Web site, [www.childrenshc.org](http://www.childrenshc.org), to download a copy of this coloring book to share with your friends and classmates.


Here are two pages for you to draw some pictures or



write your thoughts about being at Children's.



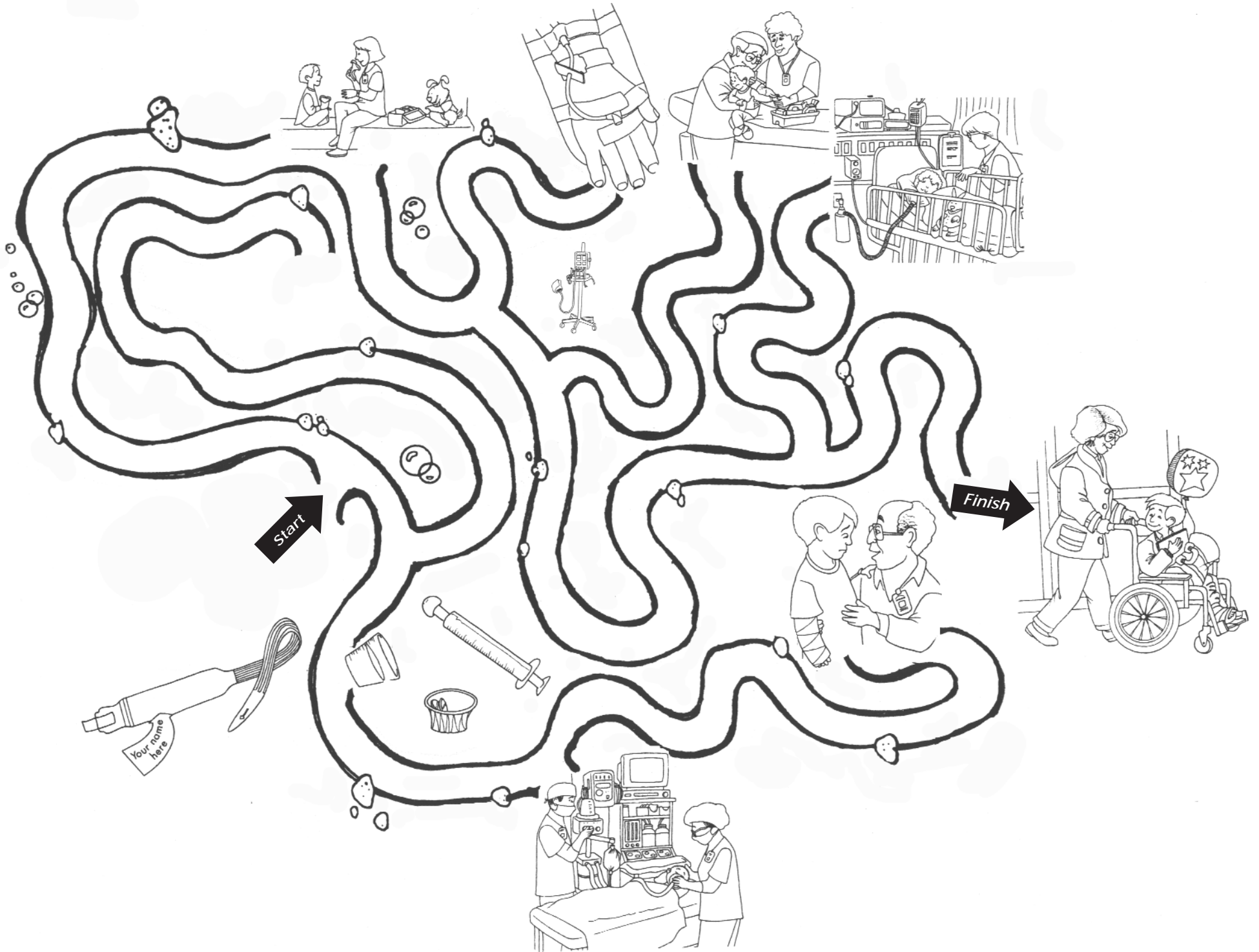




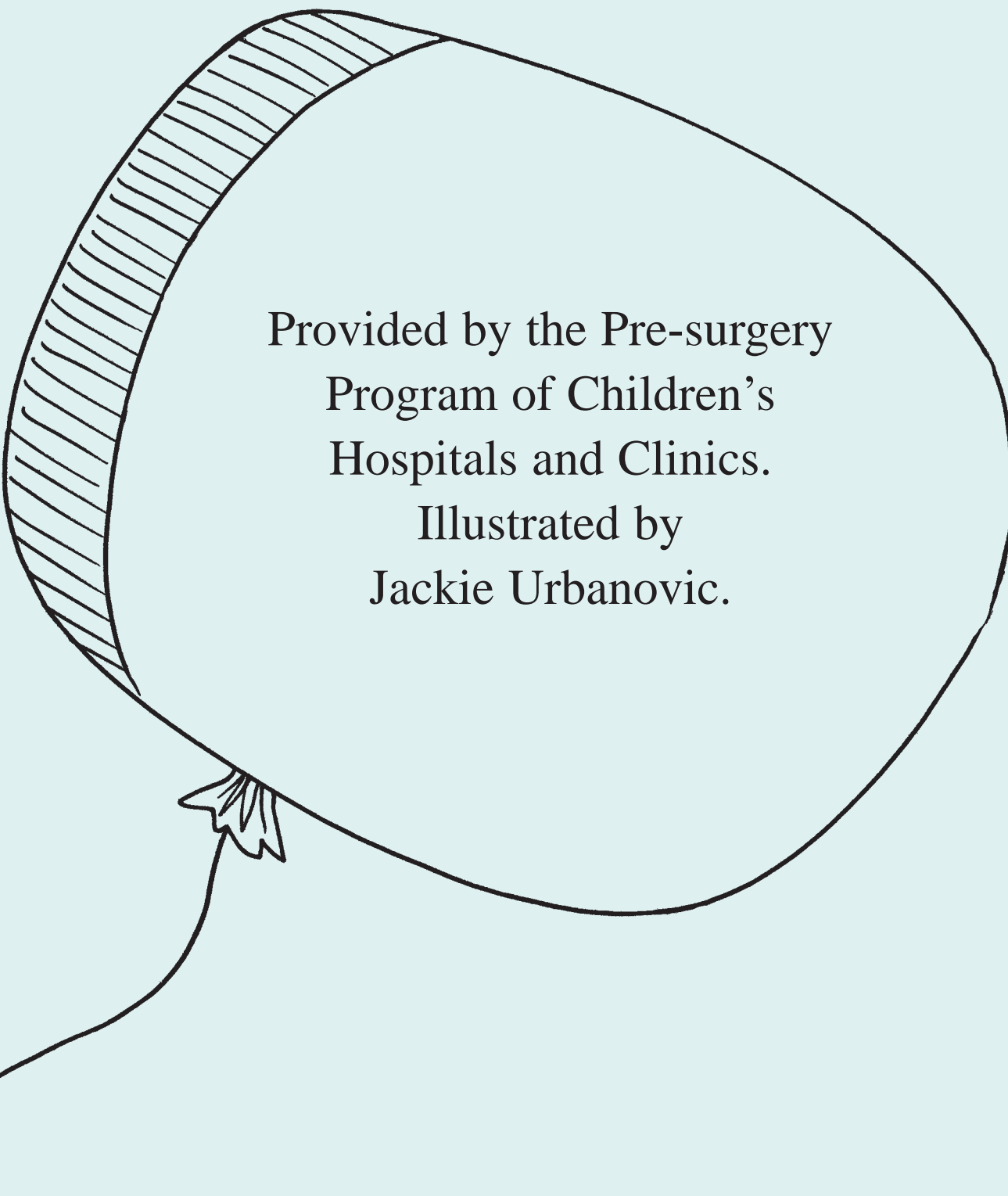
Things I like about having surgery:

Things I do not like about having surgery:

# Your visit to Children's







Provided by the Pre-surgery  
Program of Children's  
Hospitals and Clinics.  
Illustrated by  
Jackie Urbanovic.