

Cardiac Cath Lab

(12+ years old)

Benjamin Russell Hospital for Children



I am having a heart catheterization or a heart cath.

A heart cath lets doctors take pictures of my heart.

A heart cath lets doctors see how my heart is beating.





When I arrive at the hospital I will ride the elevators to the 4th floor.



On the 4th floor my family and I will check in at the desk.



I will wait calmly in the waiting room until my name is called.



When my name is called, my family and I will walk with the nurse to get my weight.

I will stand on a scale to see how much I weigh.



My family and I will follow the nurse to a room with a bed and TV.

My nurse will put a blood pressure cuff on my arm.

This will feel like a hug on my arm.

I will keep my arm still.





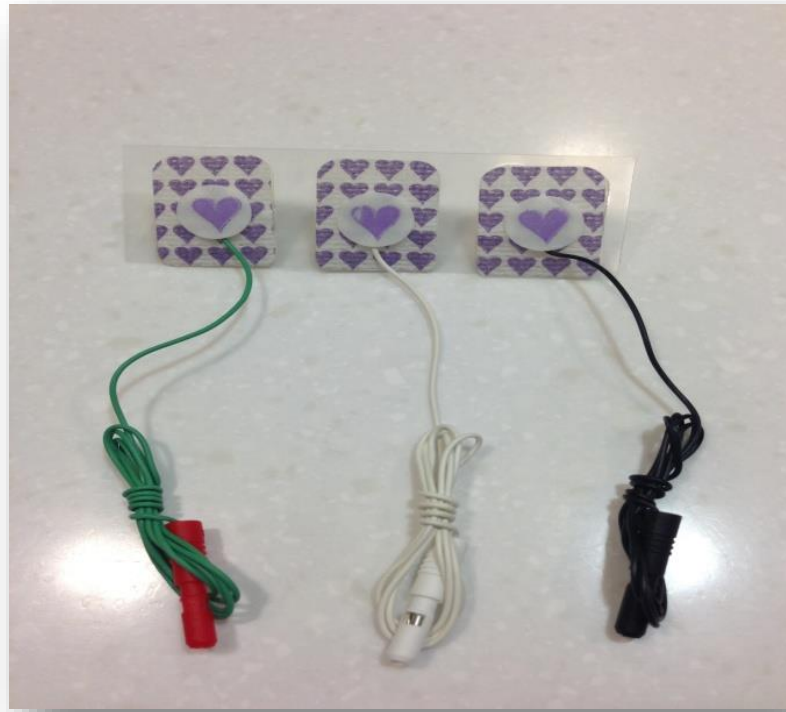
My nurse will put a sticker that looks like this
on my finger.

This will check how well I am breathing.

I will hear a beeping noise.



My nurse will take my temperature.
The thermometer will touch my head.



I will also get leads on my chest and side.

Leads are stickers that check how fast my heart is beating.

These stickers may feel cool on my skin.



I will put on my hospital gown.

The hospital gown may feel different than my clothes.
Wearing my gown helps the doctors take better care of my body.



Before my heart cath I will need an IV.

My job is to stay still and calm for my IV.

I can learn more about getting my IV in the [IV Social Story](#).



When it is time for my heart cath, a nurse will read my bracelet.



I will ride on a bed with wheels.

The cath lab has a different bed and special equipment.



A nurse will help me move to the bed.

They will bring me a blanket so I can stay warm.

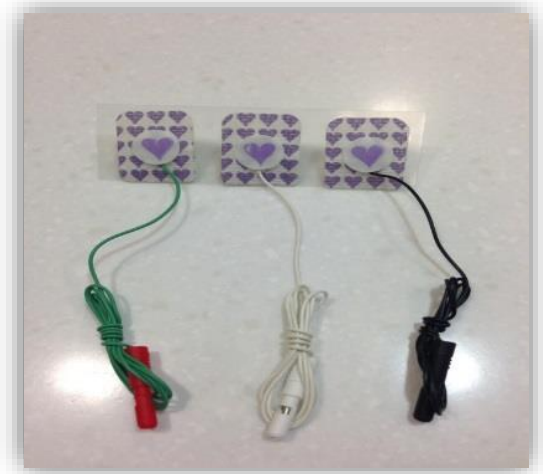
My nurse will...



Put a blood pressure cuff on my arm.



Put a sticker that looks like this on my finger.



The nurse will put two special stickers on my back, and one sticker on my side.



When it is time for my heart cath I will wear a special mask.

The mask will help me fall asleep.

My job is to take deep breaths.



This is where I will wake up when my cath is done.

It is ok to feel tired and sleepy.

Going Home



After I wake up I will go back to my room.

I can have a drink. I can have popsicles and juice.

My nurse or doctor will tell me when it is time to go home.

Going to spend the night in the hospital



It is time to go to my hospital room.

My family will walk with me to my hospital room.

My nurse and doctors will let me know when it is ok to eat and drink again.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)