



Spire
Southampton
Children's Services



Your visit to hospital



Coming in to hospital is nothing to be worried about – our doctors and nurses are very friendly and good at helping children just like you.

Your mum and dad can visit, and bring your brothers and sisters or grandparents to see you too. One of them can even stay with you if you need to stay in hospital overnight.

If you have any questions or feel sad or afraid, please tell your nurse who is here to look after you and make you feel better.

What to bring

Find and circle the hidden words of things to bring when you visit hospital. Did you pack them all?

PYJAMAS
 DRESSING GOWN
 SLIPPERS
 PANTS
 TOOTHPASTE
 TOOTHBRUSH

WASH BAG
 HAIRBRUSH
 GAMES
 BOOKS
 TOYS
 DVDS

H	L	U	L	W	P	A	I	S	K	G	N	Y	D	H	G
H	P	P	W	T	U	A	R	N	T	A	S	X	M	J	N
R	E	V	X	B	P	E	N	O	Z	M	Y	W	Q	Y	I
H	N	U	O	R	P	T	O	T	U	E	O	H	K	Z	S
T	S	O	L	P	I	T	S	N	S	S	T	O	V	X	S
H	K	U	I	B	H	Q	N	C	Y	V	Q	X	L	D	E
S	S	L	R	P	H	S	U	R	B	H	T	O	O	T	R
T	S	A	A	B	V	W	K	T	R	C	S	Z	Q	M	D
V	T	S	W	D	R	Y	Z	Z	O	E	U	H	Q	I	S
A	T	O	B	A	G	I	S	I	T	S	E	I	D	T	Z
E	K	P	S	L	U	O	A	U	H	G	N	X	Z	F	S
K	M	D	X	C	Z	B	T	H	P	Y	J	A	M	A	S
L	V	T	P	W	Y	S	L	M	Z	N	W	O	G	L	D
D	Z	Y	C	O	T	V	N	L	R	J	V	W	Q	E	Z
G	K	K	T	L	N	J	C	B	A	U	I	I	O	P	C
S	O	C	D	H	C	B	O	X	M	K	K	B	K	V	B

Answers on page 11.

People you might meet

Your nurse is the person who'll take care of you the most while you're in hospital. Day and night, they will check how you're feeling and whether you need anything. They'll also bring you any medicine you may need while you're here.

My nurse's name is

Your doctor understands best what is the matter with you and how to help to make you better. They will explain everything about your operation and you will need to be taken care of afterwards.

My doctor's name is

The anaesthetist is the person who knows all about the special medicines that send you into a very deep sleep so you won't feel a thing during your operation.

Your ward hostess is rather like the dinner ladies at school – except she'll bring your meals to your room. You'll get to choose what you'd like for breakfast, lunch and dinner from a menu while you're here.

There are eleven differences in the pictures of people you might meet while you're in hospital. Can you find and circle them all?

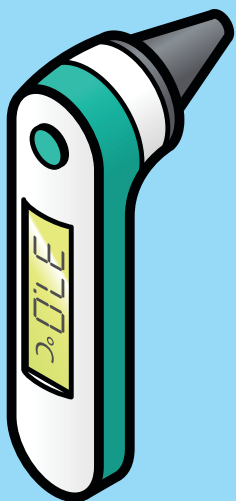


New things you'll see and hear



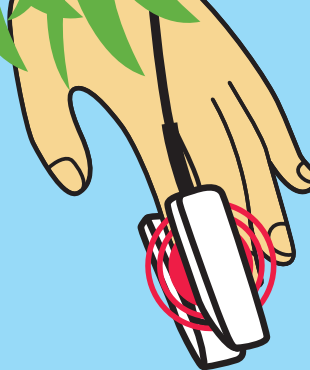
If you're staying over in hospital, you'll have a lovely bedroom that your mum or dad can share with you, like a sleepover. Your bed can go up and down!

Your doctor or nurse may need to find out some things about you before and after your operation. We might need to measure your height and your weight.



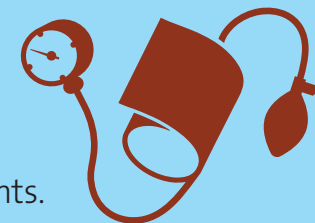
Your temperature will be taken with a thermometer that the nurse puts into your ear. It may tickle a little!

Your doctor may listen to your heartbeat with a piece of equipment called a stethoscope. One end goes into their ears and they'll put the other end onto your chest so they can hear the boom, boom of your heart.



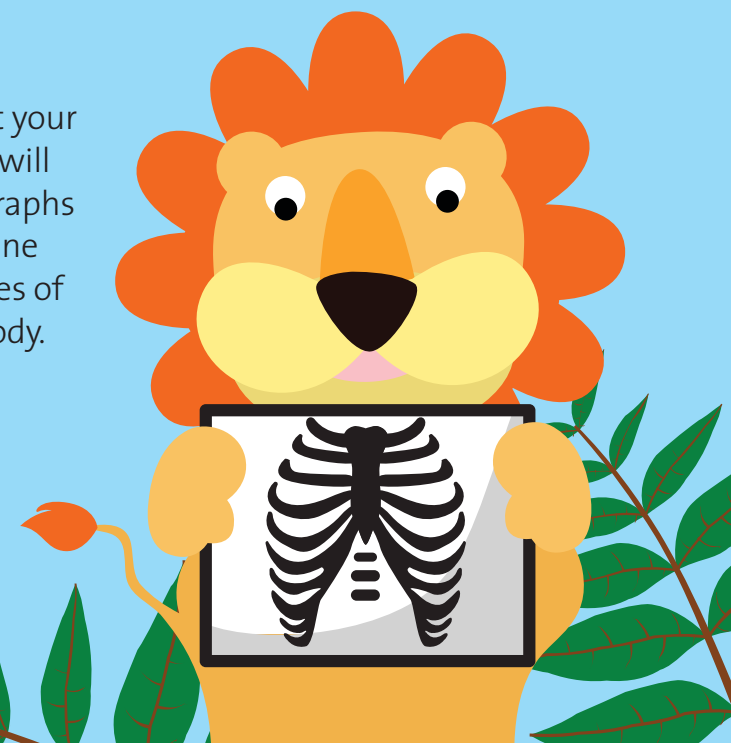
To check the level of oxygen in your blood, we might put a SATS probe onto your finger for a few minutes. It's a bit like an electronic peg, with a special red light.

If we need to take your blood pressure, the nurse will wrap a cuff around your arm, then pump it up so it's squeezing you like a swimming armband tightly for a few moments.



If we need to take a little of your blood to test, the nurse will numb your hand with 'magic' cream first, so it won't hurt.

If we need to look at your bones, a radiologist will take special photographs with an X-ray machine that can take pictures of the inside of your body. How cool is that?



Which way to the theatre?

The special room where your operation happens is called an operating theatre. It's not the same kind of theatre where you go to see a pantomime or a musical!

Which route takes you to the operating theatre?



What can it be?

Join the dots and see what object this is from the hospital.

What is it?

What is it for?



What's that word mean?

Admission – when you're 'admitted' to the hospital and have to stay on a ward to be looked after by the doctors and nurses.

Assessment – when a doctor or nurse looks carefully at you, listens to what is wrong, and does a few tests to see what the matter is.

Blood pressure – when the pressure made by your heart beat is measured as the blood pumps around your body.

Examination – when a doctor or nurse checks you over by looking at you and touching your body where it hurts, asking some questions and finding out what is wrong – a bit like an assessment.

Injection – a way of getting medicine into your body using a syringe (a tiny pointy tube).

Plaster cast – a special type of bandage that is soft on the inside and hard on the outside. It is put around broken bones to help protect them and keep them still while they heal.

Radiographer – a clever person who knows all about taking x-ray photographs of the inside of your body.

X-ray – an incredible picture of the inside of your body.

Answers

Page 5: Spot the difference
Your nurse: eyebrows, spiky hair, collars
Your doctor: tie colour, hair colour, eye colour, stethoscopy colour
The anaesthetist: eye colour, t-shirt colour
Your ward hostess: hair behind back, pocket.

Page 8: Which way to the theatre? – Route 3 goes to the theatre.

Page 9: What can it be? – A wheelchair.





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