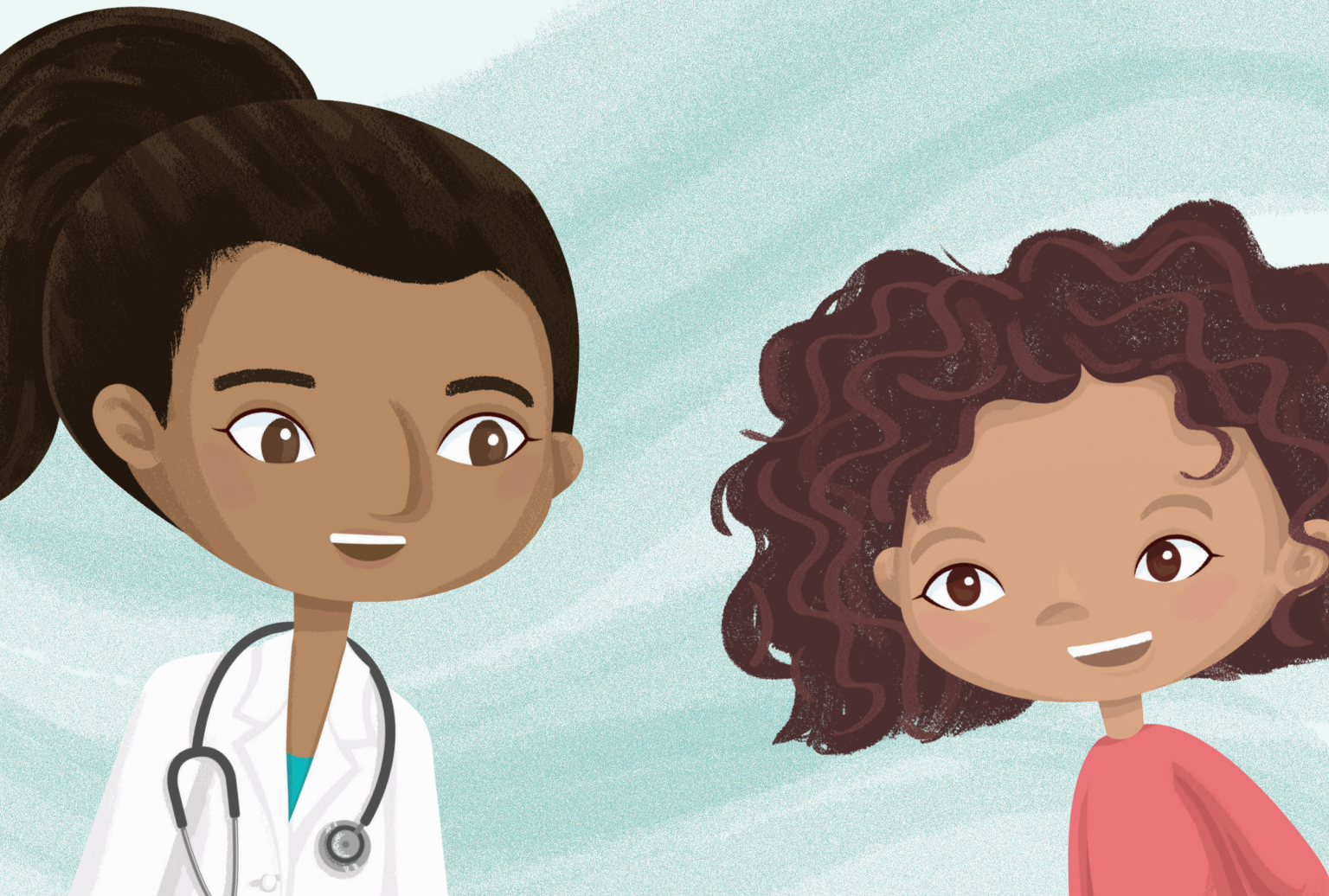


Penelope goes for her heart checkup





Hi, my name's Penelope. I am 6 years old.

I was born with a heart condition. My heart looks and works a bit differently. My heart is a muscle. It pumps blood through my whole body.

My mom tells me that I can do everything my brother and friends do. I get to climb trees, eat ice cream, and play with my friends.

I have a heart doctor called a cardiologist and a heart team. They check to see how my heart is.

Today is Penelope's checkup with the heart team.

Mom, where are you and Penelope going?

We are going to the hospital to see Penelope's heart team for her regular checkup.

Henry, you and I will stay here. We can hear all about it after their appointment.

Ok, see you later!



Penelope and her mom take the long trip to the hospital. Penelope is nervous. Her mom explains what to expect.

Mom, what are we going to do at the hospital?

We are going to see your heart team. They will check to see how well your heart is working. It will be a busy day for you.

You will do some heart tests. The nurses at the hospital will tell you all about them, and what your job will be.

That sounds kind of scary.

It is ok to feel a little scared. I will be with you the whole day, and you can hold my hand whenever you need to.



Penelope and her mom arrive at the hospital. They go to the waiting room where there are toys to play with.

Penelope is playing with some blocks. She meets a little boy who is also there for a heart checkup.

Ok Penelope, I'll go check us in.

Hi, I'm Penelope. What are you doing at the hospital?

I'm Alonso. I'm here to see my heart team.

Hey, me too! Maybe we will do the same tests today.



Alonso leaves to see his heart team. Penelope sits with her mom to wait.

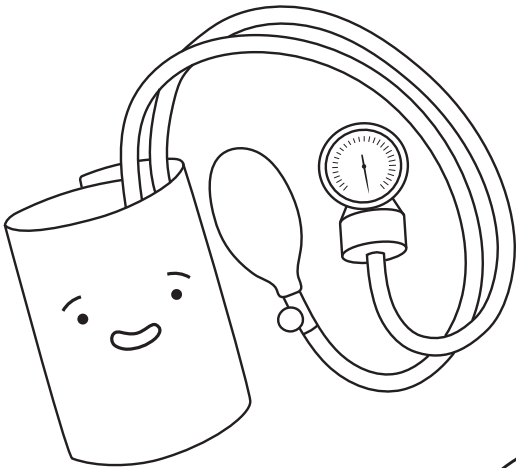
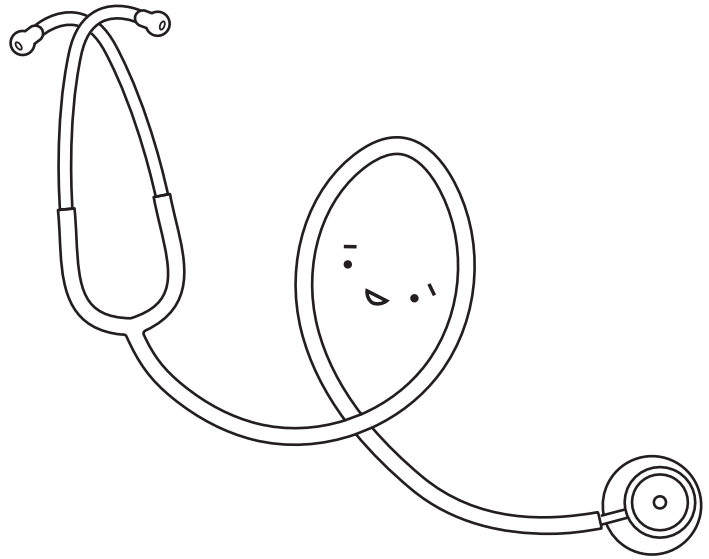
A nurse arrives and takes Penelope and her mom to the exam room. Nurse Ben tells Penelope that he will be with them all day. He shows Penelope the equipment used to test her heart.

Hi Penelope, I'm Ben. I am a nurse and I will help you with your checkup today. We have some cool tools we use. I will show you.

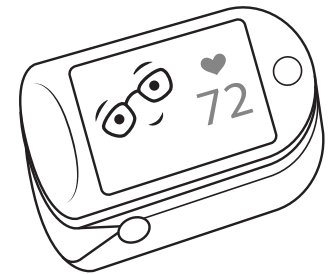
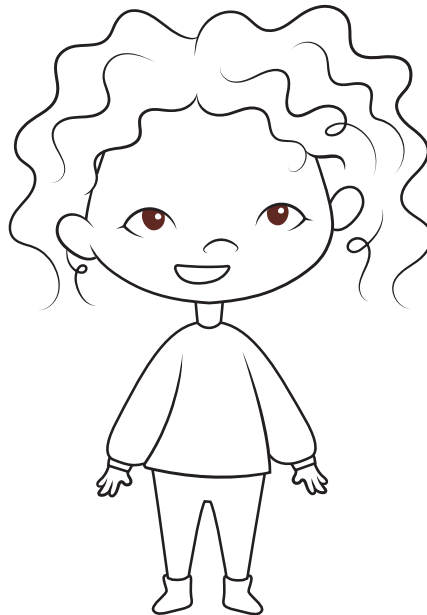


This is Stethoscope Skye. I help your heart team hear the sounds of your heart and breath.

It will be cold when I touch your skin on your front and back. Your job will be to take big deep breaths in and out.



This is Blake the Blood Pressure Cuff. I will wrap around your arm and you will feel a big squeeze. Your job is to keep your arm still when the cuff is squeezing.



This is Parker, the Pulse Oximeter. I measure how much oxygen is in your blood. Your job is to hold still and watch the light while I work.



Colour this page!

Penelope needs to have bloodwork done. Nurse Ben will use a needle to take a small amount of her blood.

Penelope doesn't want to watch them do bloodwork, she is nervous about needles. Lori, the child life specialist arrives. She will help Penelope relax while she is having her bloodwork done. She gives Penelope some bubbles to blow. Bubbles make you breathe deeply and not think about the tests.

Hi Penelope, I'm Lori. I'm going to try to help make your test a little easier for you. We are going to blow some bubbles.

Ready Penelope? You're going to feel a poke. Focus on Lori and the bubbles. Take a deep breath in 1..2..3 and blow some bubbles!



Lori says bye to Penelope. Nurse Ben brings Penelope and her mom down the hall to the x-ray room for her next test. Penelope puts on a hospital gown.

This machine may be noisy and cold. You can smile for your picture so we can see your nice white teeth.

Hi Penelope, my name is Kai. This camera takes pictures of your heart and lungs without touching you. Your job is to be still like a statue when we take the picture.



Penelope has had a busy day so far. After her x-ray, Ben takes Penelope back to the exam room for an electrocardiogram. Penelope lies down on a bed. Ben puts cool stickers over her chest, arms, and legs.

Okay Penelope, we are going to do an electrocardiogram. It is also called an ECG or EKG. The stickers will help us measure the electric current in your heart. You will need to lie very still for about a minute. You can watch the wavy patterns on the screen.

Do you want to help me put these cool stickers on, Penelope?

You're doing great, Penelope!



Ben takes Penelope and her mom to a different exam room for her Echocardiogram. They meet Mika, he is an ultrasound tech.

Hi, Penelope, my name is Mika. I'm going to do a test called an Echocardiogram, also called an Echo. It takes a movie of your heart pumping your blood.

This test will be longer than the other test you've done today, but you can watch TV or listen to music!



The room is dark. Mika tells Penelope the room needs to be dark to take a good picture of her heart. Penelope's mom sits on the end of the bed to comfort her.

During the test, they watch Penelope's heart beating and listen to the sounds her heart makes as it pumps blood through her body.

This is the gel that gives us a good picture. It will feel a bit cold, but will warm up as I move the wand around. Some kids say it feels like some pressure on your chest. Stay nice and still while I find the right spot.



Next Penelope and her mom go to see her heart doctor, who is a cardiologist. She will tell Penelope about the results of her heart tests.

Hi Penelope, I'm Dr. Heart. I am here to talk to you about your heart and tell you what we found with all the heart tests you did today.



Dr. Heart explains the results of Penelope's heart tests.
Dr. Heart answers Penelope's question and her mom's questions from their notebook.

Penelope all the tests you did told us a lot of information about your heart. It will be important to keep taking your medicine and come back again in 1 year for your next heart checkup. Do you have any questions Penelope?

Yes, can I still climb trees, skate and ride my bike like my brother?



Penelope's heart checkup has finally come to an end! The heart team waves goodbye to Penelope and her mom as they leave the hospital.

Penelope is ready to go home.

Thanks again!



Colour this page!

Penelope leaves the hospital with a big smile and looks forward to the car ride home.

You did great today, Penelope. You were so brave. I am very proud of you. Even though you were nervous, you did great at your job of keeping your body still and taking deep belly breaths.

Even though your heart is different, you can do the same things as other kids your age. You might get a little tired sometimes, but you do not have to worry about being different.

Ok mom.

Sure, that sounds great.

Let's go do something special.



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