



Echocardiogram – Heart Center



This is a book about getting an echocardiogram – “echo” for short. An echo takes pictures of your heart to see how it is working. Your echo will be done in the Heart Center on the 2nd floor at Phoenix Children’s Hospital. Your grownup can stay with you the whole time.



A medical assistant will bring you and your grownup to a room with a comfy bed. In this room you will change into a hospital shirt that opens to the front. It is called a gown.



The person who will take your pictures is a sonographer. The cameras they use are wands that are connected to a computer.



When it is time for your pictures, you will lay on your back on the comfy bed. The sonographer may ask if you would like a cozy, warm blanket. Then, the sonographer will make the room a little darker so it is easier to see your heart pictures on the computer.



Do you think you will want a warm blanket?



Now the sonographer will place three heart rhythm stickers on your side and chest. These stickers tell staff how your heart is working. Some kids say the stickers feel a little cold.



Next, the sonographer will put some gel on the camera wand. The gel feels warm and lets the wand move easily over your skin.



The sonographer will gently move the wand over your skin to take pictures of your heart. They will slide the wand over your belly, side, chest, and up near your neck to take the pictures. Some kids say it tickles a little.



Your job is to hold still while the sonographer takes pictures. Some kids choose to watch a movie or listen to music during their echo. Other kids choose to watch their heart on the computer screen.



What will you choose to do?

When the sonographer is done taking pictures, they will wipe the extra gel off your chest. The sonographer can take the stickers off your body, or you or your grownup can do it. Taking off the stickers feels like taking off a small band-aid.



Your echo is finished! It's time to change back into your shirt. The sonographer will bring you to a different room in the clinic for your appointment with the doctor.



Way to go!



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