

# I am going to hospital



say less,  
**show more**

## How to use these visuals

If **you are coming** to hospital you can:

- **Look** at these pictures and talk about them with others
- **Talk** with the nurses and doctors about the pictures
- **Think** about what will happen when you come to hospital

If you are **helping someone** to understand their hospital visit you can:

- **Share** the pictures with them either as a book or through the website
- **Give** them time to think about the pictures
- **Talk** with them about the pictures
- **Give** them time to ask questions
- **Ask** them how they are feeling about hospital
- **Use** the pictures as a guide before or during the hospital visit

The pictures and e-learning module on using visuals can be found here:

<https://www.aci.health.nsw.gov.au/resources/intellectual-disability/childrens-services/say-less-show-more>

Remember, say less and **show more!**



I am at the hospital.



I can sit in the waiting room and wait for my turn.



When it is my turn, the nurse will put a band on my wrist with my name on it.

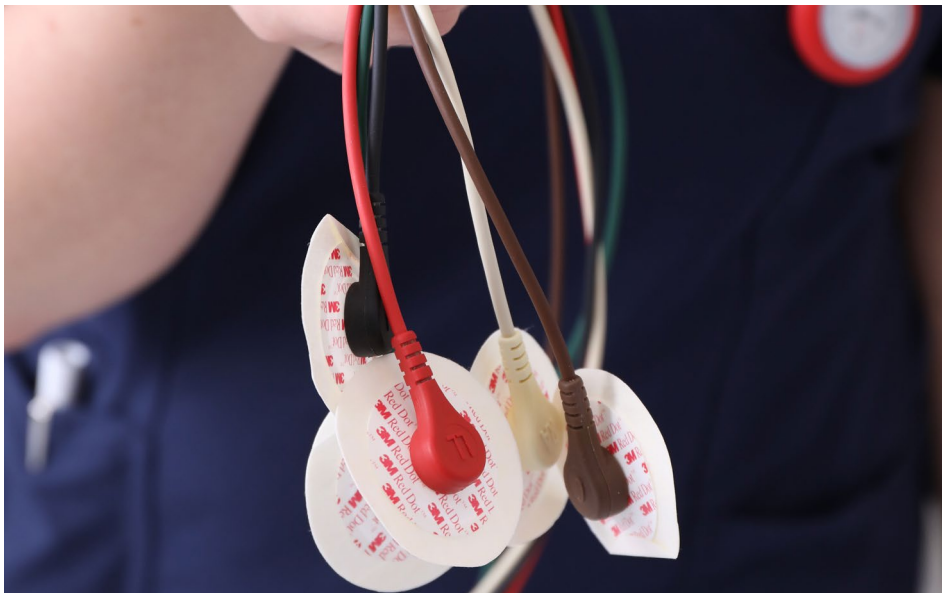


I get changed into the gown.





The nurse will ask me some questions.



The nurse puts some sticky pads on my chest.



The nurse will put a probe on my finger to measure my pulse.



The nurse will take my temperature.



The nurse will check my blood pressure. The band around my arm will feel really tight





The nurse will use a small torch and shine a light in my eyes.



The nurse will prick my finger and take a drop of blood.



The nurse needs to look in my mouth. I keep my mouth open.



The nurse will use the stethoscope to listen to my heart.



I need to listen to some directions. The nurse asks me to press my feet into her hands.





The nurse will use an otoscope to look in my ears.



The nurse will use a stethoscope to listen to my stomach.





I might need to put a face mask on for some oxygen.



I need to wait in bed to see the doctor.

I may be discharged to go home.

OR

I may have to stay in hospital longer.





[www.nslhd.health.nsw.gov.au](http://www.nslhd.health.nsw.gov.au)

