

I need to have an x-ray or ultrasound



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 might need to have an x-ray. This is like taking a picture of my body.



I need to be very still for the x-ray.



The technician will wear a gown to take the x-ray.



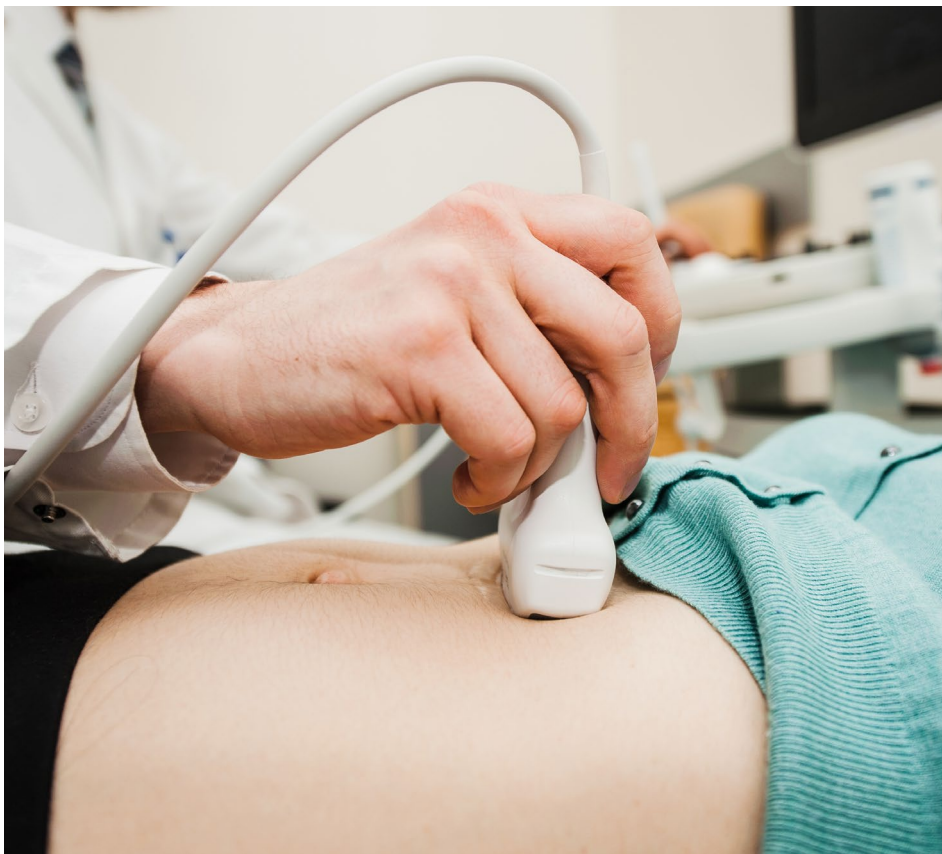
I might need to have an ultrasound. The machine takes moving pictures of my body.



The ultrasound machine looks like this.



The technician will put some gel on the ultrasound machine.



The technician will put the ultrasound on my stomach.



www.nslhd.health.nsw.gov.au

