

Petite Prep Guide: Ultrasound Scan

Helping you prepare and support your child.

WHAT TO SAY:

explain

What is an ULTRASOUND?

You can say: “An ultrasound is a machine that takes pictures of the inside of your body. It uses a computer and a wand. The wand has gel on the end to help it glide over the outside of your body to take the pictures.”



prepare

What are the steps?

You can say:

- There will be a bed where you will sit/lie down.
- The ultrasound tech will get the wand ready by putting gel on the end.
- They will place the wand on the part of your body they want to take pictures of.
 - The gel on the wand might feel wet and cold or sometimes it might feel warm.
 - You might feel some pressure, or pushing, on that part of your body.
- Your job will be to hold your body still for the pictures.
- We can make a plan for what will be helpful while they are gathering the pictures.

WHAT TO DO:

coping plan

Together, you can make a plan for what helps your child feel calm and in control. Here are some ideas that other kids have shared:

- “Do you want to watch the tech who is taking your pictures, or do you want to look at something else?”
- “Do you have a comfort item you want to bring with you?”
- “Do you want to feel the gel on your hand before the tech starts?”

play & practice

- Play through the steps with a doll to help them understand in a familiar way.
- Practice playing the statue game - holding as still as a statue - to help them prepare for holding their body still during the scan.
- Play or distraction during something long can help them remain calm or distracted: watch a movie, small figures in hands to play with, iSpy of objects in the room

WHAT TO ASK YOUR TEAM

parent/caregiver involvement

- A sitting position can feel less vulnerable - Can your child sit up or be propped up on the bed?
- Can your child sit in close proximity to parent/caregiver
 - sitting on lap, hugging, or sitting next to
 - If caregiver cannot be on the bed, can child hold their hand or be in their line of sight?

Pain

- If your child is in pain due to underlying symptoms, it is appropriate to ask if there are pain support options.
- Can your child take a break if positioning causes pain?

Emotional Support

- If your child is highly anxious about the experience you can ask if there are medication options to support relaxation?
- Is there a child life specialist to provide preparation, support, or coping tips?