

What belongs to this book:

- *a sheet of memory cards to cut out,*
- *a sheet of examination stickers,*
- *and lots of activity pages for colouring and playing.*

Your fact sheet

Your name: _____

Your age: _____

Your cardiac defect: _____

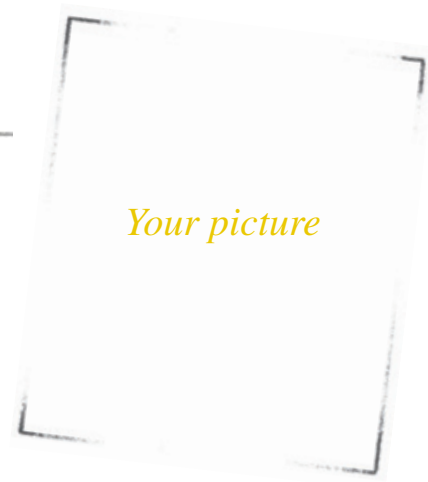
Your hobbies: _____

Your favourite animal: _____

Your favourite food: _____

What you don't like eating: _____

Your favourite games: _____



List for packing

Do you have everything with you?

- toothbrush _____
- toothpaste _____
- comb _____
- underwear _____
- bathrobe _____
- pyjamas _____
- jogging suit _____
- warm socks _____
- slippers _____
- light clothes _____

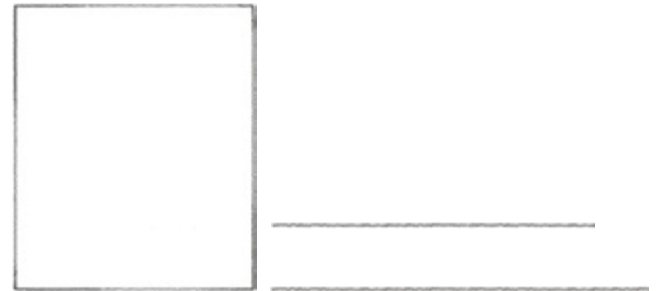

- cuddly toy _____
- comfort blanket _____
- drawing things _____
- favourite book _____

- favourite game _____
- musical box _____
- _____
- _____



Your ward

This space is where the doctors and nurses who are looking after you could draw a little picture of themselves. Let them sign it, too.



The examinations

First, there will be some examinations.



These are:

1. Height, weight and temperature
2. Taking your blood pressure
3. Looking at pictures of your heart on a screen (echocardiography)
4. Taking an X-ray of your heart and lungs (radiogram)
5. Listening to the sounds made by your heart and lungs (auscultation)
6. Attaching you to a special machine which draws your heartbeats in lines on paper
7. Taking a blood sample

There is a sticker for each examination which you can stick onto the proper page afterwards. When you have managed everything, you will get a special pixie bonus.

*Stick onto
these spaces!*

... and off we go!

Height, weight, temperature

Here you can write down how tall you are, how heavy you are and the temperature you have.

Height: _____ *cm*

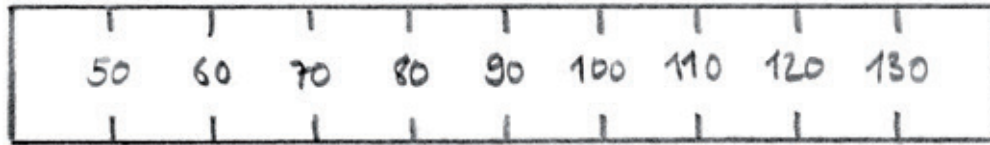
Weight: _____ *kg*

Temperature: _____ *°Celsius*



Blood pressure measurement

You can record your blood pressure with the blood pressure stickers from the sheet. Take the green sticker for the lower number and the red one for the higher number.



Your blood pressure readings

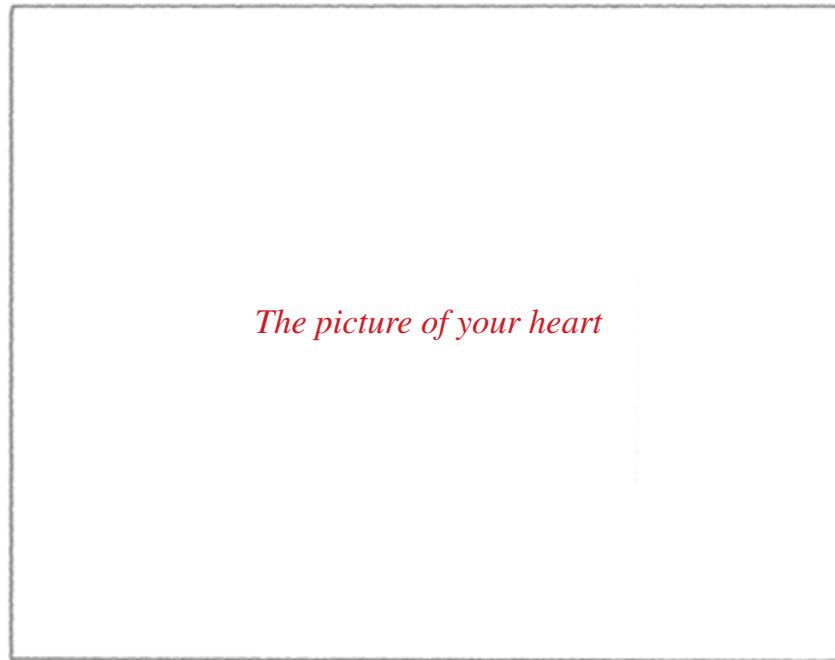
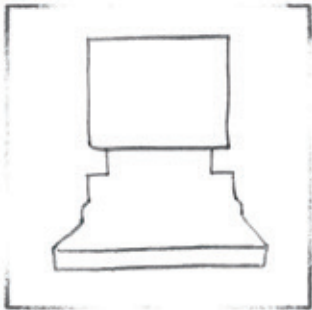


You can find the blood pressure stickers on the sticker sheet.



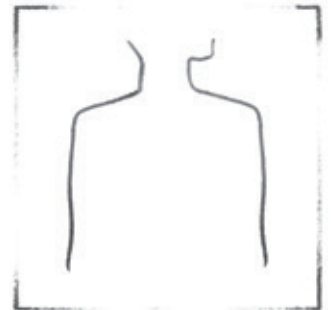
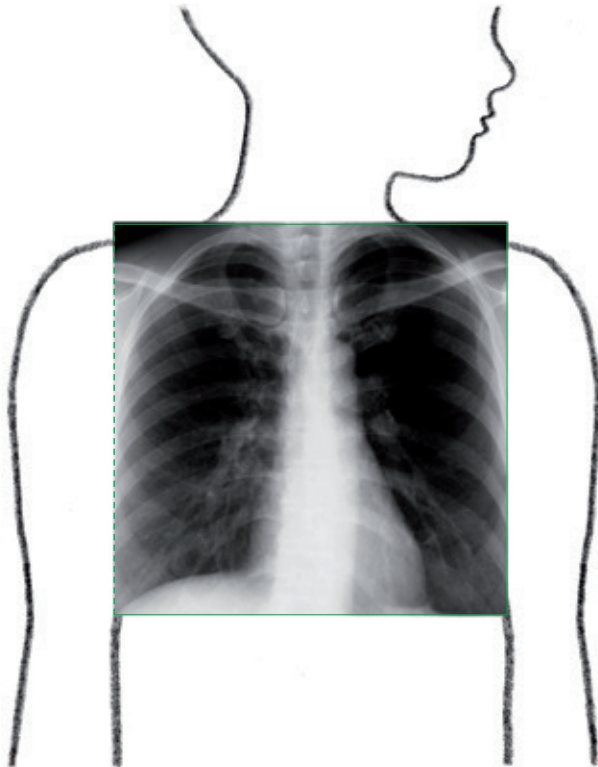
Echocardiography

*Ask the doctor who examines you whether he can give you a picture of your heart.
Then you can stick it here.*



The X-ray of your heart and lungs

This is what a radiogram of the heart and lungs looks like. If you open the window, you will discover the heart, the lungs and the bronchial tubes.



Auscultation of the heart ...

*Your heart and lungs will be auscultated with a stethoscope.
Here you can see how a heart is built.*

 *left chamber*

 *right chamber*

 *left atrium*

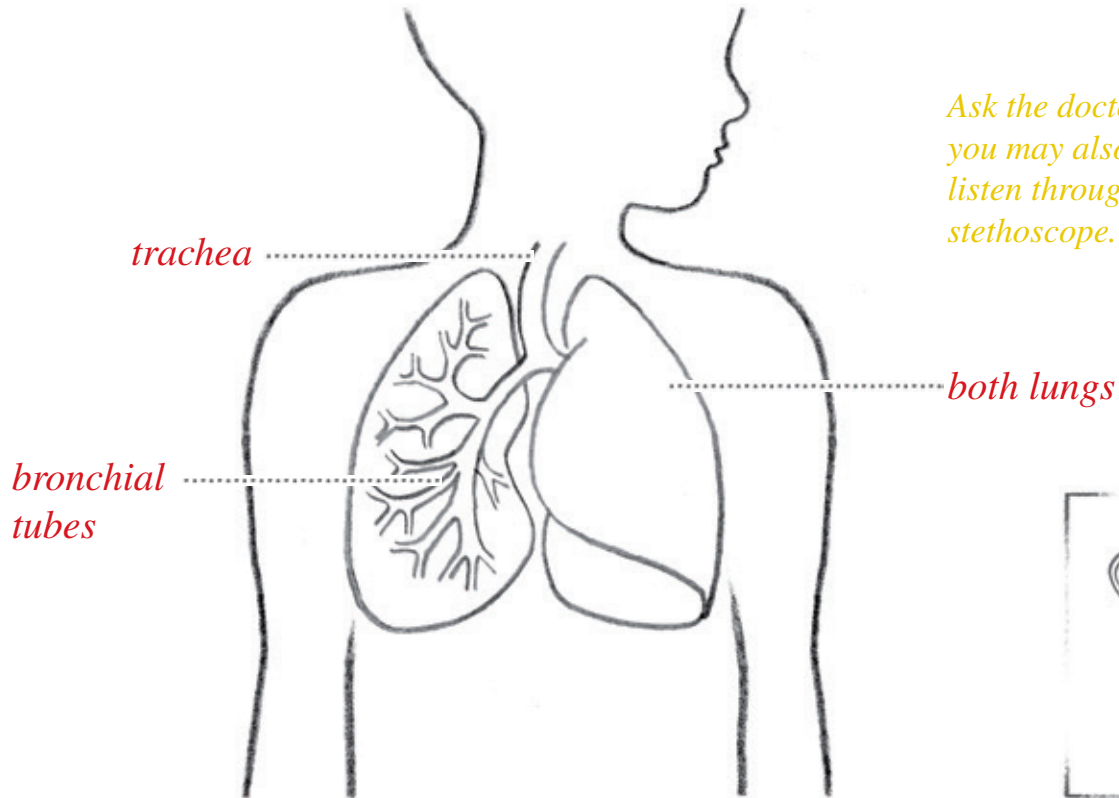
 *right atrium*



..... *Ask your doctor
if he could make
a sketch of your
cardiac defect.*

... and the lungs.

You may colour the lungs and bronchial tubes yourself:



Ask the doctor if you may also listen through the stethoscope.



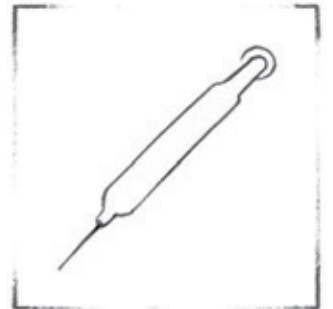
ECG: Electrocardiogram

The ECG apparatus records your heartbeats on a long piece of paper. Here you can draw or paint such peaks and waves yourself, or stick in an ECG strip.



Blood sample

*For this you will be pricked in your hand. This hurts a little, but it's over quickly.
Now you can scratch the picture free. Who might be hiding behind it?*



Your operation



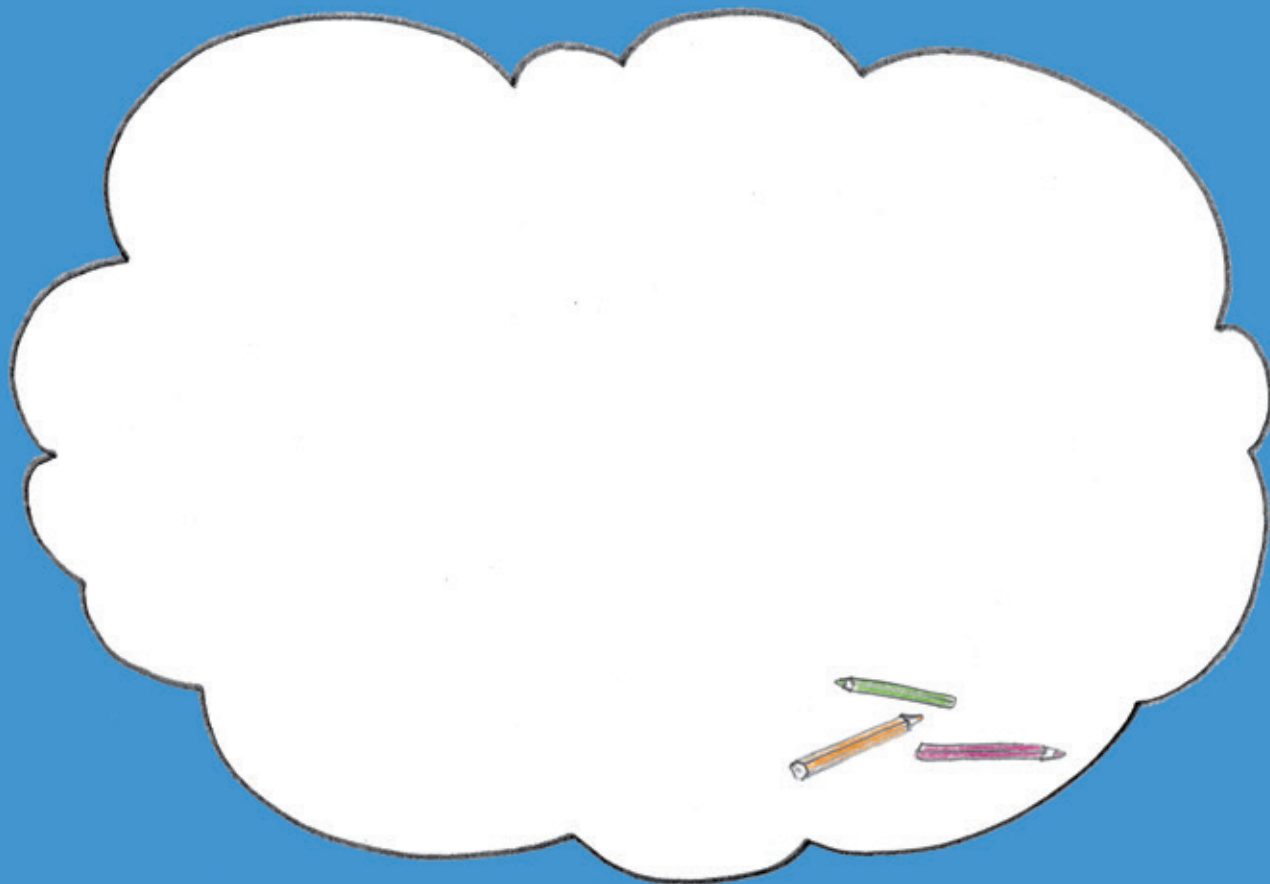
*After your operation you may stick the
super special bonus Mutz here!*

*Ask how long you were sleeping
during the operation:*

hours

Did you dream anything?

Your dream

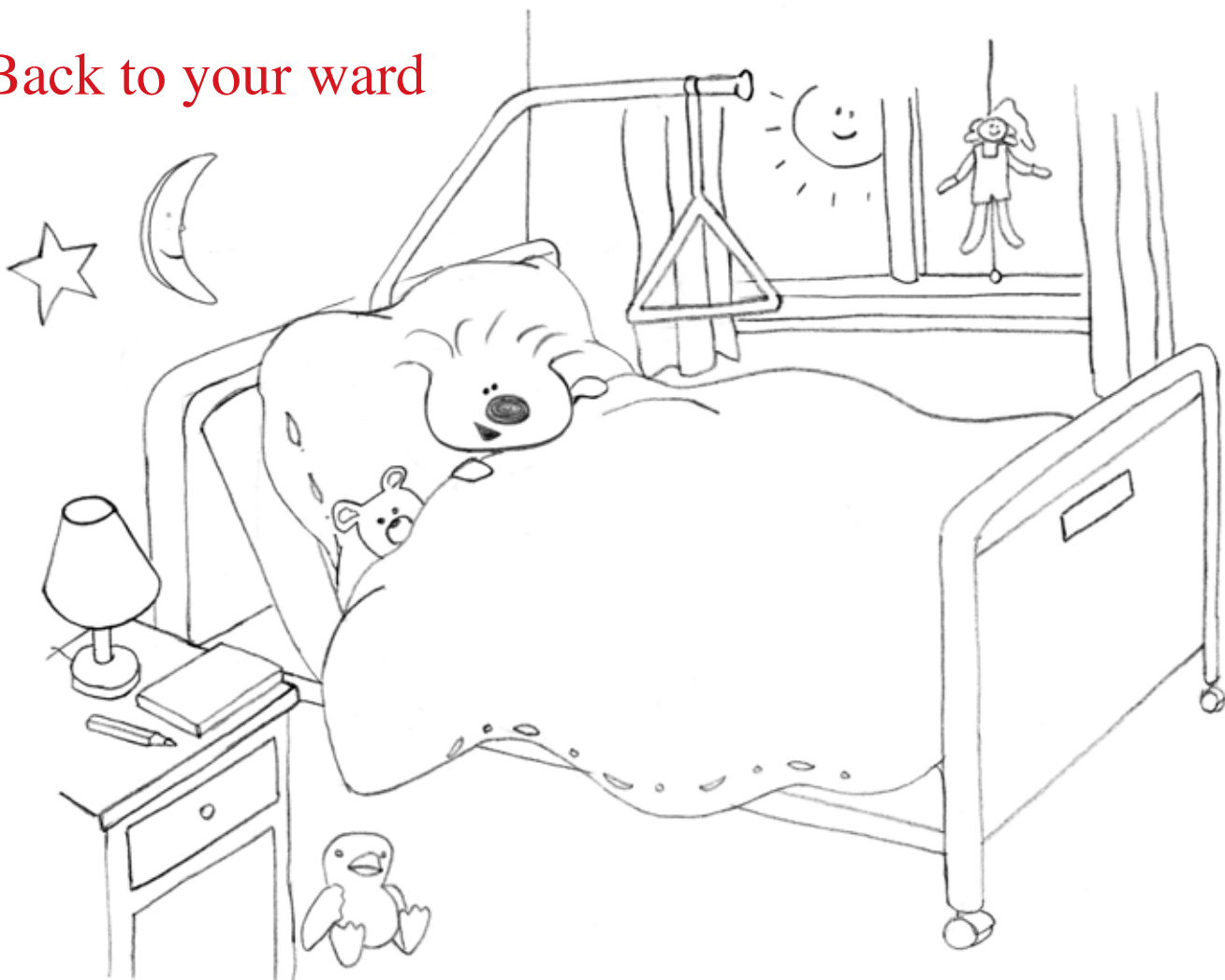


Your stay in the Intensive Care Unit

Can you draw something about it?



Back to your ward



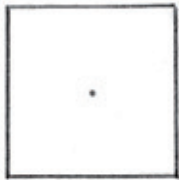


Making a pinwheel

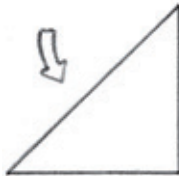
What you need for it: a pin, a wooden stick and scissors.



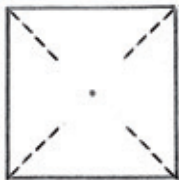
Instructions:



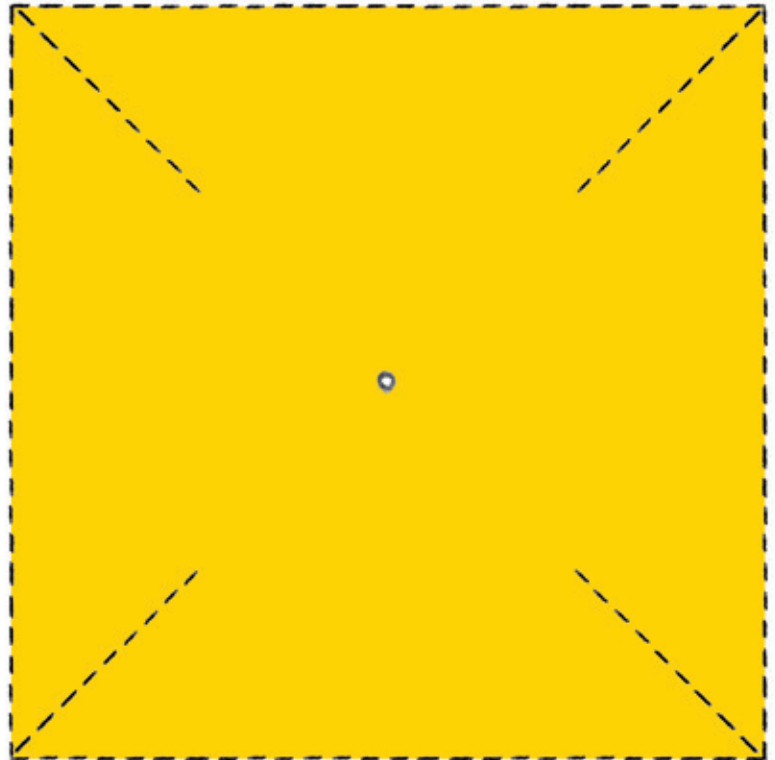
Cut out the paper square along the edges.



Fold the square into a triangle. Then open it again and fold the other two peaks together.



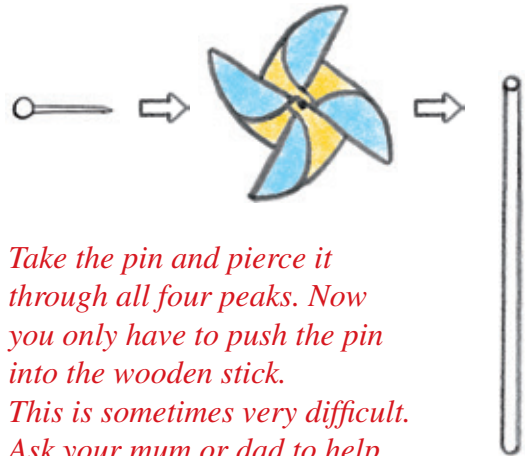
Cut into the corners up to the end of the dotted line.



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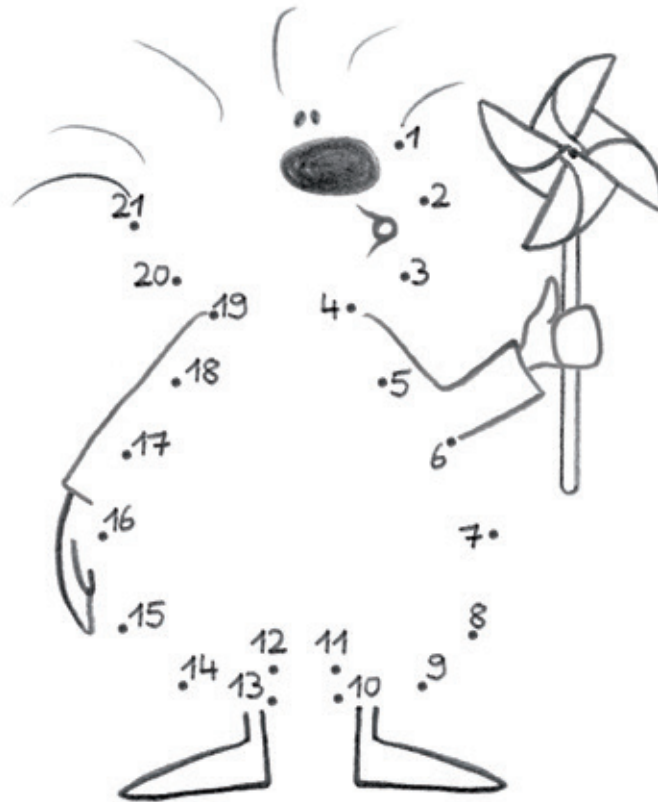
Now you take one corner after the other and fold it to the center. The peaks should be lying on top of each other!!



Take the pin and pierce it through all four peaks. Now you only have to push the pin into the wooden stick. This is sometimes very difficult. Ask your mum or dad to help you!

Enjoy blowing!

Join the dots



Your playroom

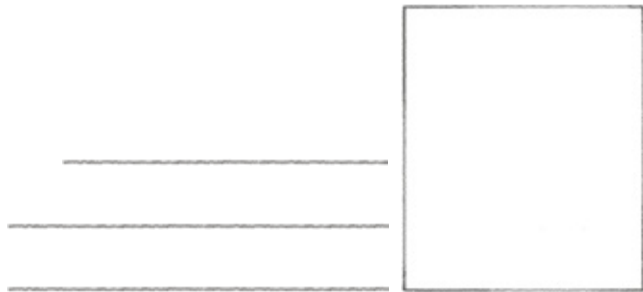
What does the playroom in the children's heart clinic look like?

Which toy do you like playing with the most?

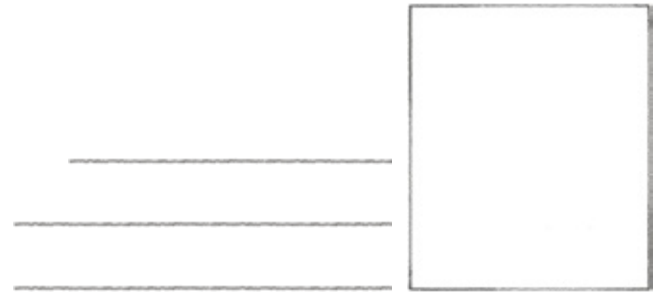


Your friends in hospital

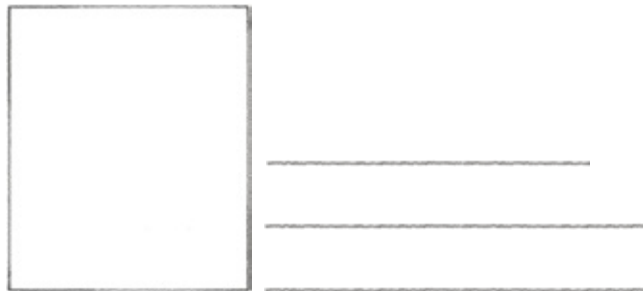
Here you can stick in pictures of your friends in hospital, or let them paint a picture for you. Ask them for their addresses, then you can write to each other later.



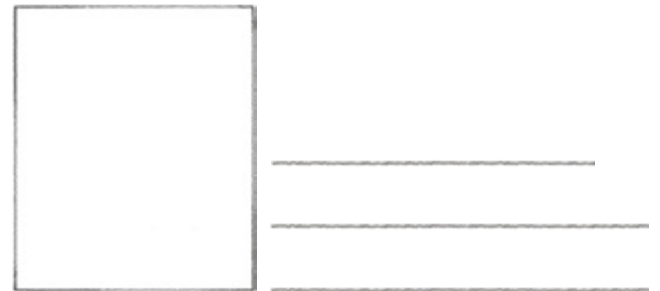
A square box for a picture, with three horizontal lines for an address below it.



A square box for a picture, with three horizontal lines for an address below it.



A square box for a picture, with three horizontal lines for an address below it.



A square box for a picture, with three horizontal lines for an address below it.

*Have you collected all the stickers?
Let someone give you a stamp of the
hospital. Then you can fold open the next
page and remove it.*

