



SOCIAL STORY:

**I am going to have an
endoscopy**

A note to caregivers:

This social story outlines a general visit to our pediatric endoscopy unit at Mass General Hospital *for* Children where we perform upper endoscopy (EGD) and colonoscopy procedures. However, the steps may vary depending on your child's medical history and needs. As such, not all sections may apply to your child. For any specific concerns, please reach out to your medical provider to discuss prior to your child's procedure.

You know your child best. This social story was created as a tool to aid in preparing your child for their upcoming procedures. We recommend that you read this first and choose what information you think will be helpful for your child. Please feel free to use and modify this in conjunction with language and other tools your child is familiar with. For instance, the phrase "I am safe" may not be the most successful language in reassuring your child. An abridged daily schedule is provided at the end of this social story. For some, it can additionally be helpful to practice modifications of these steps at home or come for a pre-visit tour. For additional information, please contact your medical provider.

Many children benefit from the use of positive reinforcers, or rewards, after completing a task such as this. We have small prizes for patients to select from to take home. Please feel free to bring additional rewards from home that you feel will be reinforcing for your child. One way to present the idea of a reward to your child is through a token-based system. Please see the customizable tool on the last page of this story that can assist with this.

We understand that coming to the doctor and undergoing a procedure can be stressful. Please bring any comfort items you feel your child would benefit from.

We are committed to ensuring both you and your child have the best experience possible. Please do not hesitate to let us know how we can best support you and your child.

Sincerely,

Your Pediatric Gastroenterology Team at Mass General Hospital *for* Children

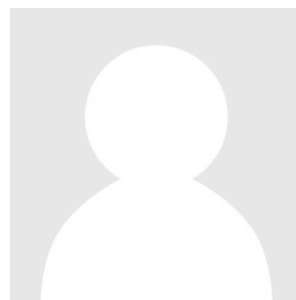


My name is _____ .

I am _____ years old.

I like _____ .

I am going to have an endoscopy at Mass General Hospital. I am going with my



An endoscopy is a special test to make sure I am healthy.

To get ready for my test, I will need to have a special drink.



The drink will help me poop. My belly might feel different. It will not hurt.

I can do it!

1	2	3	4	5	6	7
8	9	10	11	12	13	14

The number of servings may vary based on your child's age and size. Please discuss with your medical provider and modify the tracker as needed.



In the morning I am going to wake up.



I am not going to eat or drink. I can still have medicine.

Here are some things I can do while I wait





We are going to drive the car to Mass General Hospital.



We will park the car. We will walk inside the building.



I am going to go to the waiting room.



I will check in at the front desk.

I will wait until my name is called.

Here are some things I can do while I wait.





When my name is called, I will walk into a different room.



A nurse will be there to help me.



The nurse will check my weight.



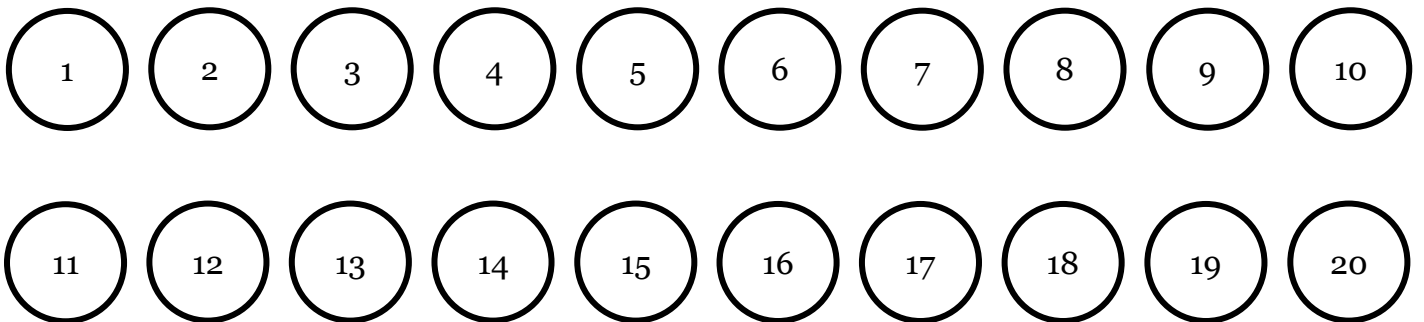
I will take off all my clothes. I will put on a hospital gown. I may feel cold. I can use a warm blanket.



The nurse will check my temperature. The nurse may touch my face or arm with the thermometer.

It will not hurt.

I can count to 20 and it will be all done.

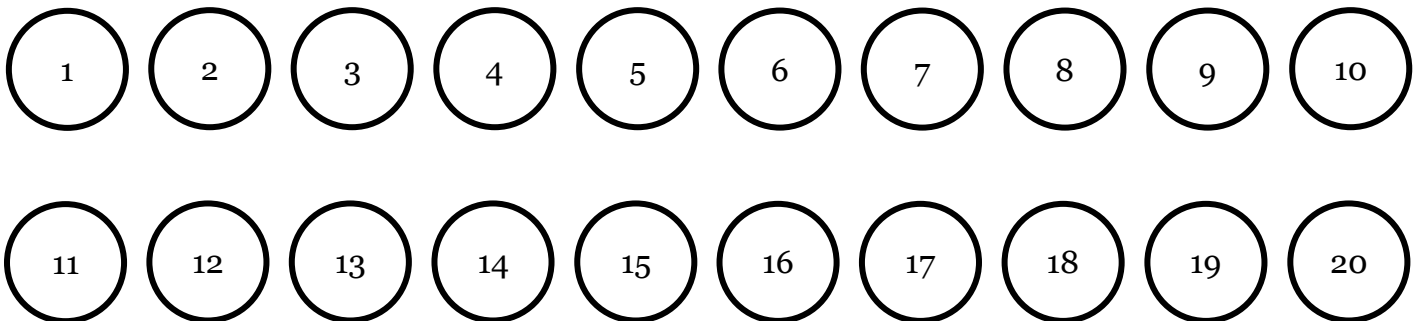




The nurse will check my blood pressure.
The nurse will wrap a band around my arm
that will give me a big squeeze.

It will not hurt.

I can count to 20 and it will be all done.

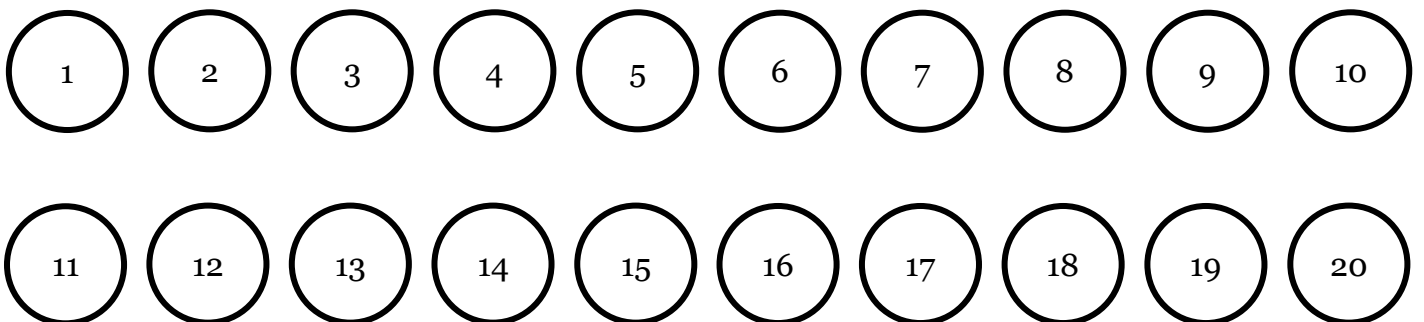




The nurse will check my oxygen. The nurse will put a clip on my finger that will shine a red light.

It will not hurt.

I can count to 20 and it will be all done.





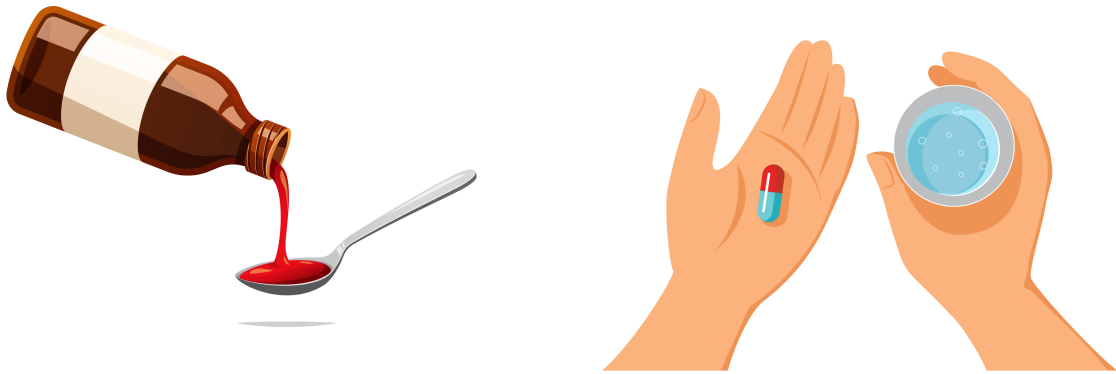
I will wait in a special room. I can sit on the chair or in the bed.

Here are some things I can do while I wait



It is okay to feel nervous or scared. I am safe.

There will be nurses, doctors, and a child life specialist to help take care of me. They will answer my questions.



The doctor might give me medicine to help me relax.



I am doing a great job!

To get ready for my test, I will get an IV.



An IV is a special straw that goes in my hand or arm. The doctor can give me special water and medicine through my IV.

I am safe.

IF HAVING ANESTHESIA VIA INTRAVENOUS (IV) LINE



The nurse will push on my hand or arm.
The nurse will wrap a blue rubber band
around my arm. This will feel tight.



The nurse will clean my arm with a swab.
This will feel cold and wet.

IF HAVING ANESTHESIA VIA INTRAVENOUS (IV) LINE



The nurse will put the special straw in my arm using a needle.

This will feel like a poke or sting. It may hurt a little bit. I can count to 20 and it will be all done.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

The nurse will take the needle away.

IF HAVING ANESTHESIA VIA INTRAVENOUS (IV) LINE

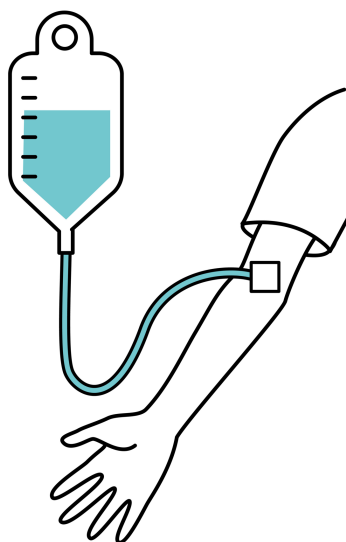


The nurse will put tape on the special tube.

I will see blood coming out of my body. My body will make more blood.

I am safe.

IF HAVING ANESTHESIA VIA INTRAVENOUS (IV) LINE



The nurse will connect the IV to special water or medicine. This will make me feel better.

I will not touch or pull on my IV.

Here are some things I can still do





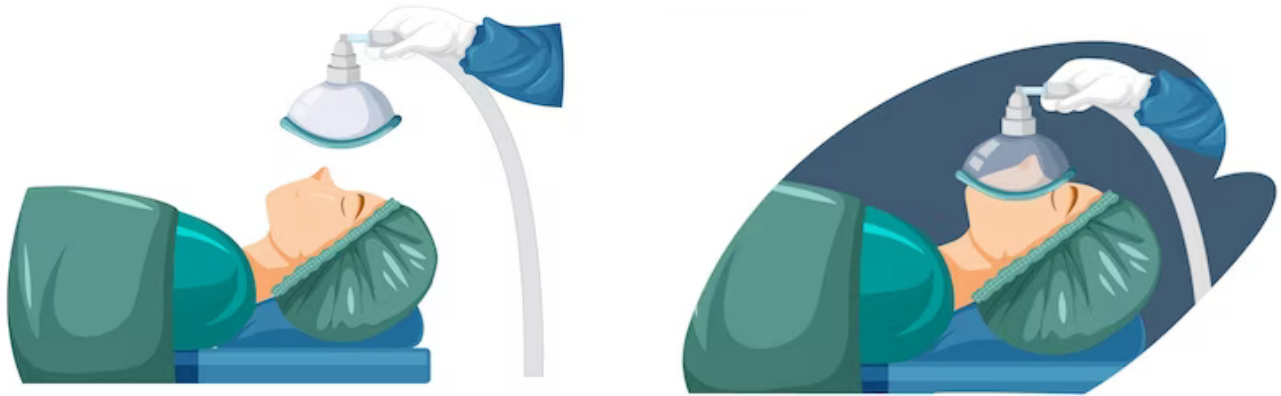
I will go to the endoscopy room. There will be lots of machines in the room.

It is okay to feel nervous or scared. I am safe.

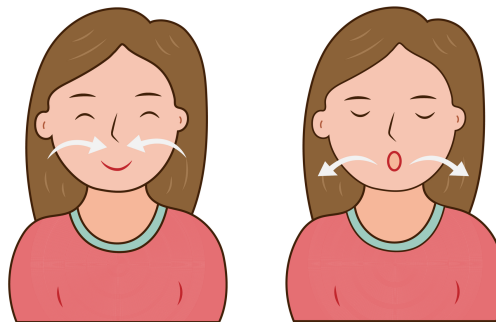
The nurses and doctors will help me be comfortable.

I will get medicine to make me fall asleep. The doctor will do the endoscopy test. The endoscopy test will not hurt.

IF HAVING ANESTHESIA VIA MASK



The doctor will give me a mask to put on my nose and mouth. It will feel squishy. It will smell funny.



Inhale

Exhale

I will take deep breaths, in and out. I am safe.

The doctor will give me medicine to wake up. When I wake up, I will see



I may feel funny or tired. This will get better.



The nurse will give me a drink and a snack.



When my doctor says it is ok, I can go home.

My throat might feel sore. I can have cold food and drinks. My throat will get better soon.

I am so brave! I will do a great job getting my endoscopy!



Endoscopy Schedule

- 1) Wake up
- 2) Go to hospital
- 3) Waiting room
- 4) Check weight
- 5) Change clothes
- 6) Check temperature
- 7) Check blood pressure
- 8) Check oxygen
- 9) Wait in special room

- 10) Special tube/IV
- 11) Wait in special room
- 12) Go to endoscopy room
- 13) Sleeping medicine
- 14) Wake up
- 15) Eat snack
- 16) Go home

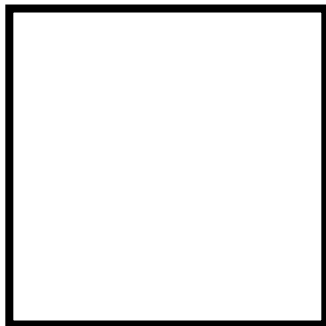
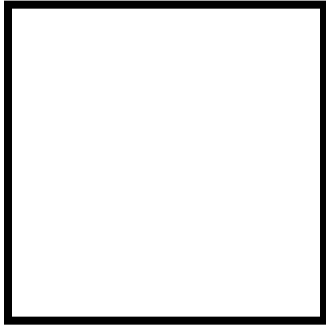
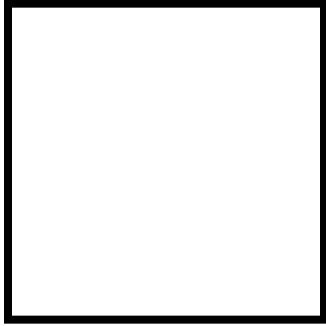
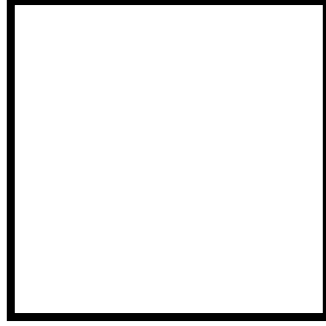
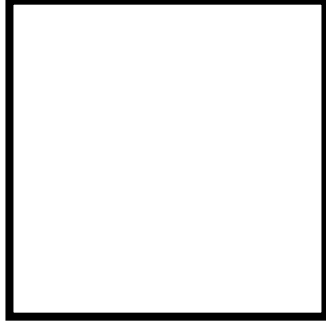
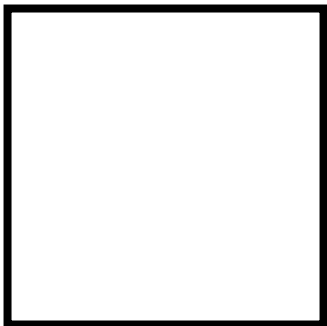
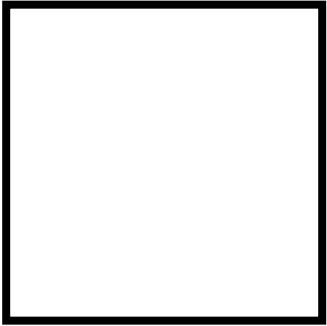
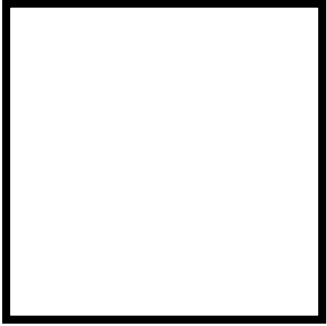
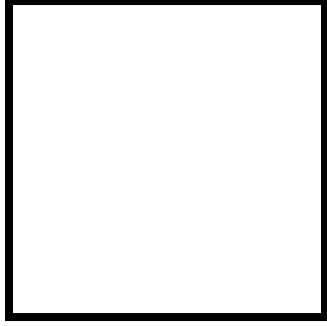
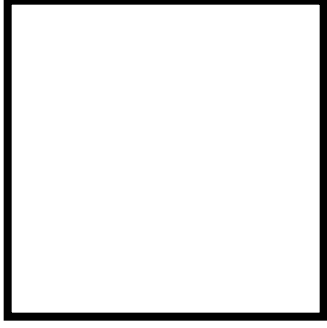
Endoscopy Schedule

- 1) Wake up
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- 5) Change clothes
- 6) Check temperature
- 7) Check blood pressure
- 8) Check oxygen
- 9) Wait in special room

- 10) Go to endoscopy room
- 11) Breathe with mask
- 12) Sleeping medicine
- 13) Wake up
- 14) Eat snack
- 15) Go home

I am working for :





About this initiative:

This social story and associated tools are part of a pioneering initiative to improve access to endoscopic procedures for individuals with neurodevelopmental disabilities, such as Autism Spectrum Disorder (ASD). This initiative additionally includes pre-visit tours, child life specialists, and continuous education for care teams and staff. This comprehensive approach is designed to address the unique needs of patients with ASD and enhance their overall experience.



Spearheading this transformative project is Dr. Mojdeh Mostafavi, a dual-trained internist and pediatrician currently pursuing a pediatric fellowship in gastroenterology at Mass General Hospital *for Children*. With a profound personal connection to autism through her adult brother, Dr. Mostafavi's dedication to advancing autism care is driven by her commitment to equitable healthcare and her expertise in behavioral theory. Her passion lies in providing care across the lifespan, reflecting her belief in how today's actions shape future experiences. Her work exemplifies a deep commitment to enhancing access and quality of care for all individuals, particularly those affected by autism.

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Pediatric Gastroenterology and Nutrition

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For additional information, please call:

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<https://www.massgeneral.org/children/gastroenterology>

