

Gerda, the Brave Giraffe!

Fluoroscopy

XP





Dear children, Dear parents,

You can prepare for the upcoming fluoroscopy exam in a playful and child-friendly manner with this interactive book.



The "Join In!" symbol will prompt you to participate.

Whether tilting, searching, swiping or clapping, we invite you to actively join in.



An audio story to go along with the book is also offered. Simply scan the QR code with a smartphone camera and start listening!

Your next appointment



on

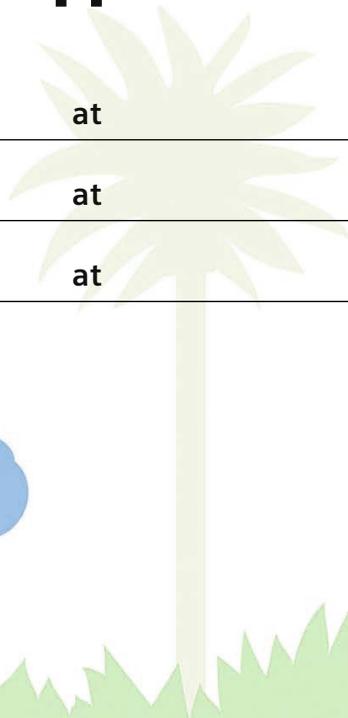
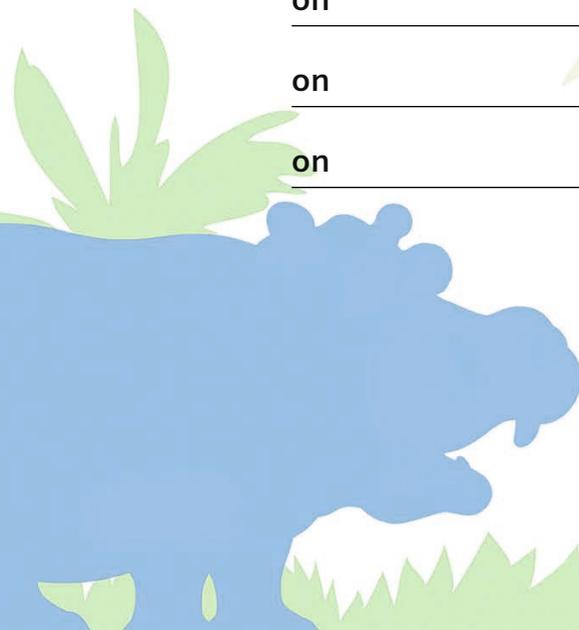
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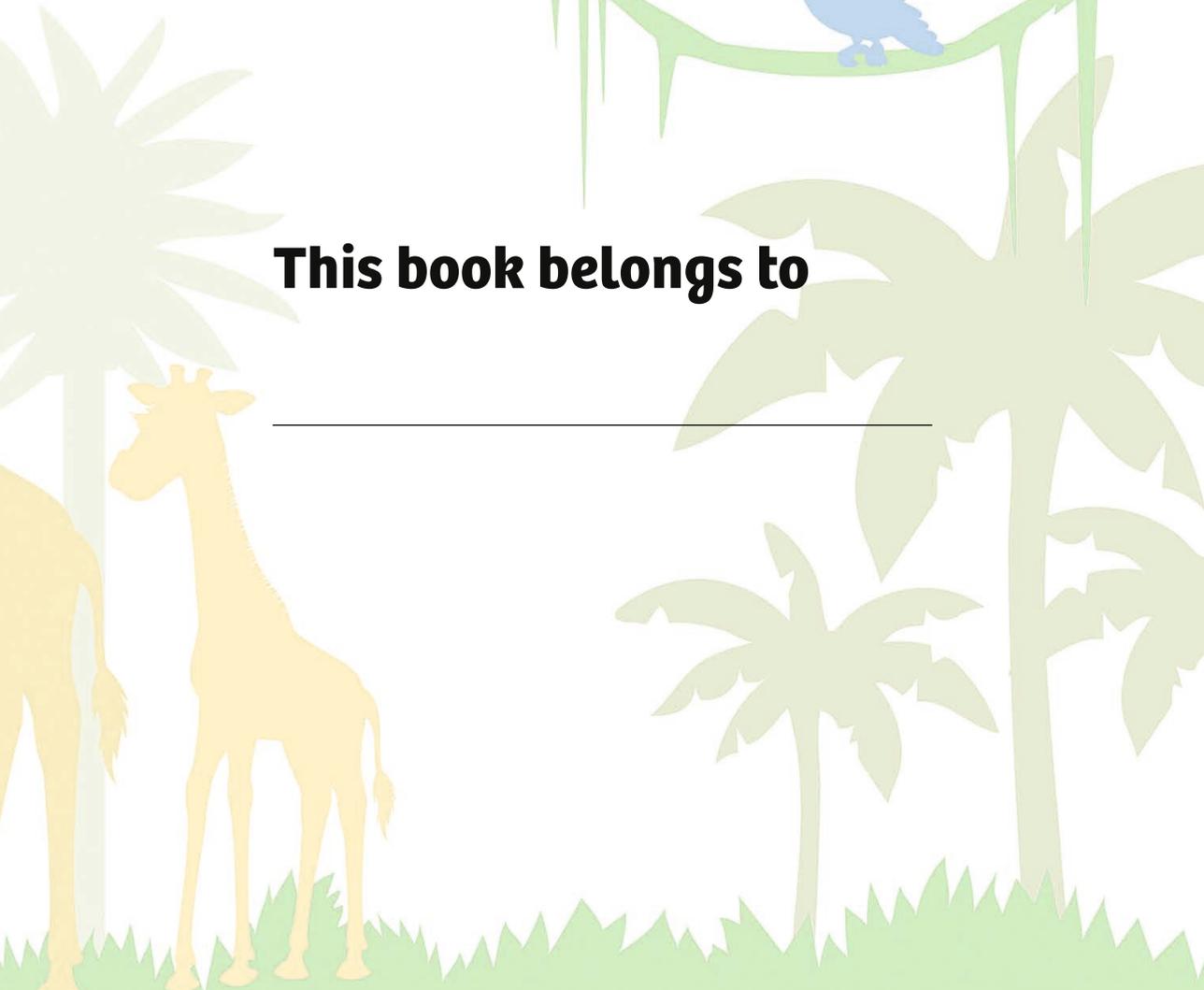
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This book belongs to



Hello! I am Gerda, a little giraffe.
I'm very mischievous and love to play.
Zipping wildly around the jungle all day.
Living in the jungle is so exciting and fun.
With so many adventures, I never miss one!

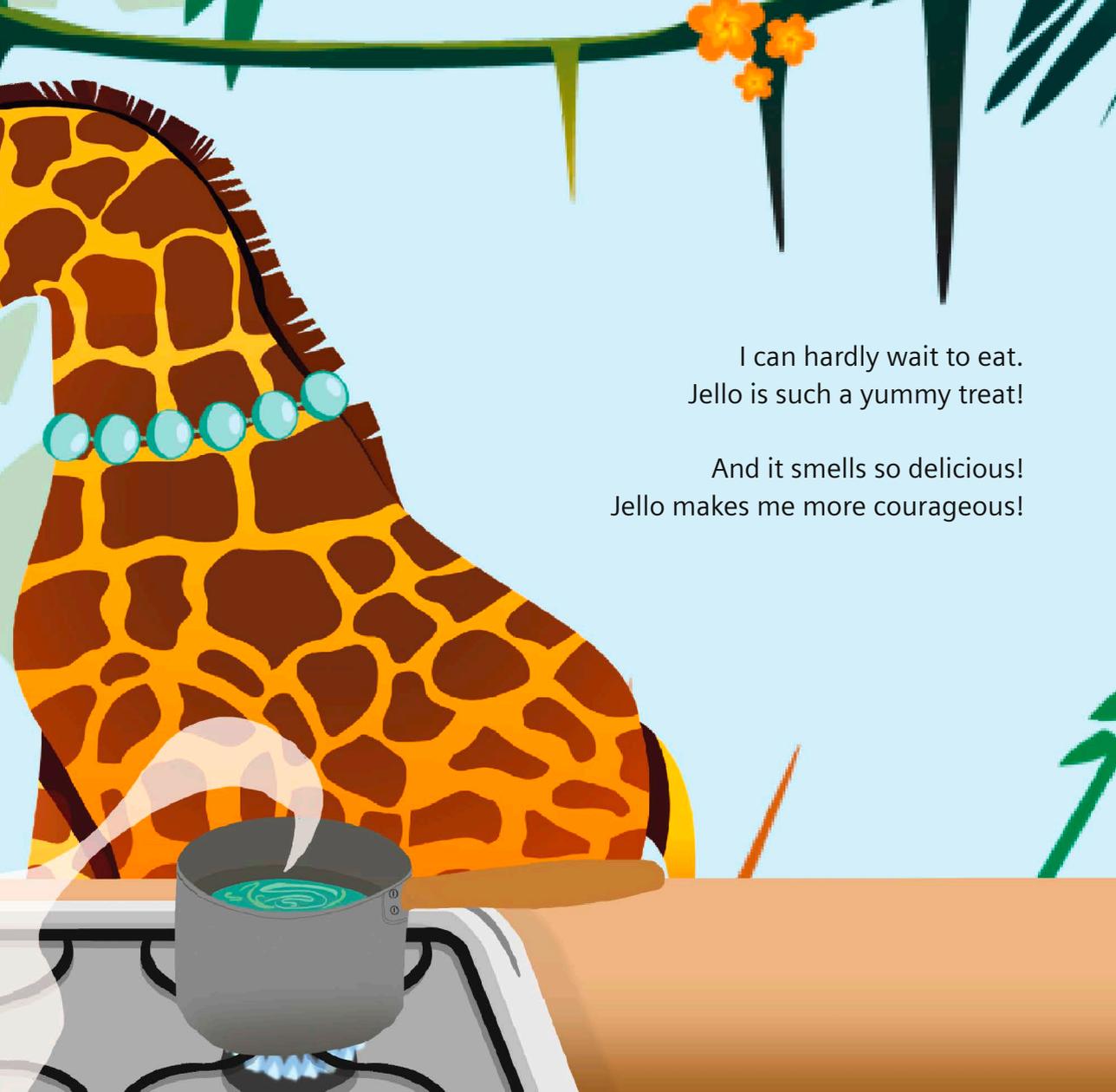
Another thing that you should know ...
My favorite food is yummy jello!



A pot on mom's stove quietly boils
as the jello inside it starts to roil.

Stir, stir, stir, spin, spin, spin!
Not too thick and not too thin!
That's how jello has to be made,
to taste so good it makes the grade!





I can hardly wait to eat.
Jello is such a yummy treat!

And it smells so delicious!
Jello makes me more courageous!

It smells so tangy and sweet,
I can hardly wait to eat!

I race around the kitchen, fast and reckless.
And my ear gets caught in mom's pearl necklace.
Got lucky this time, just a little scare,
But the strand on mom's necklace does start to tear.

Unnoticed, the pearls fall from the string,
Tumbling into the pot and disappearing.





The jello is ready on my favorite plate.
I come running, faster and faster, I just can't wait!

I gallop in swiftly, I can't wait to taste it,
jello is so good I don't want to waste it!



Oh, no! The jello is so far away at the end of the table!
I really want to eat it, but I am unable!

How I can I get to it?
I don't know if I can. Could you give me a hand?

JOIN IN!
Tilt the book
to the left and
move Gerda
to her jello.



Great, thank you, thank you!



I'll lap it up happily.
A sweet-tooth like me,
is always excited when there's jello to eat!
It sprays to the left and then to the right.
My mouth is all messy, such a tasty delight.

JOIN IN!

**Wipe your hand
over Gerda's
mouth to help
her clean it.**



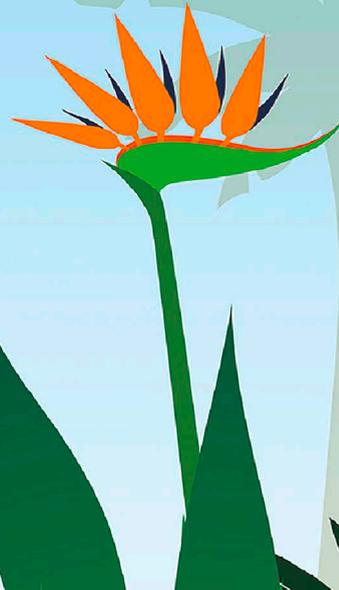
Thank you, I am clean again!

My friends and I are playing in the jungle and trees.
We run around the forest like wild bees.

Mom hollers,
"Not so fast, slow down!
It's dangerous, such racing around!"



What's wrong with my tummy?
It suddenly feels a little funny!
Was it all the jello I ate?
Should I have eaten with a little less haste?



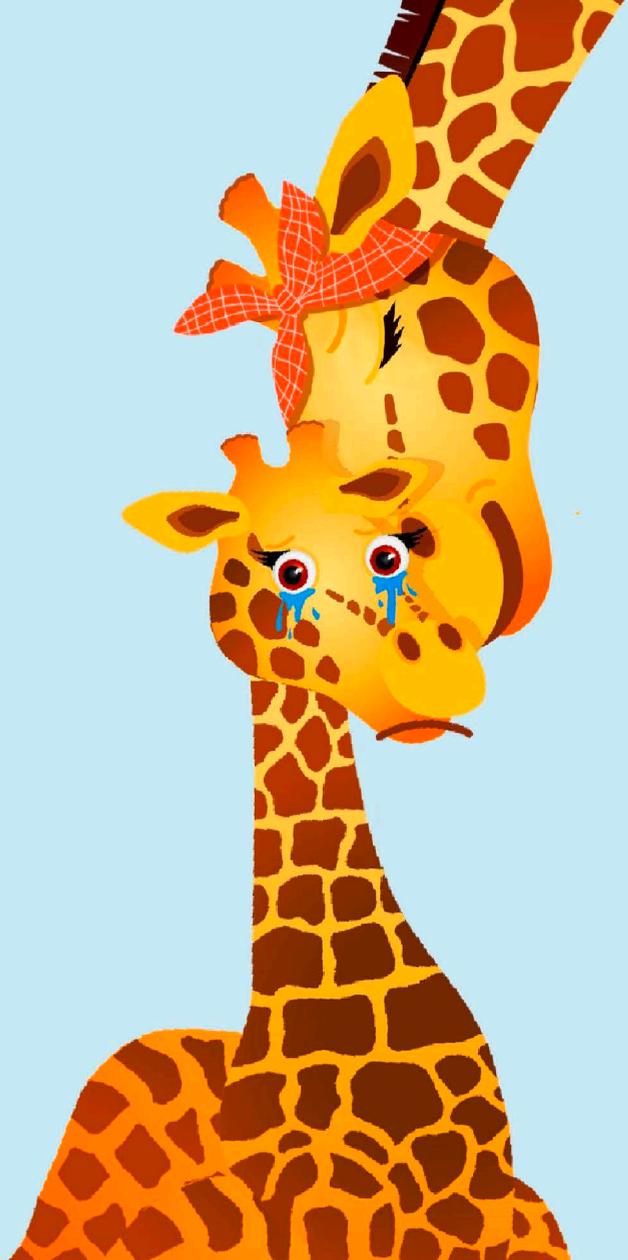


Ouch!
It hurts so much!

JOIN IN!

**Rub Gerda's tummy
and blow the pain
away! Maybe then
she'll feel better?**

My tears begin to pool.
How could I be such a fool!
My mommy giraffe lovingly soothes me.
But blowing and rubbing just aren't the key.





The pediatrician, Dr. Grape is a very lovely ape.
He can't look inside me using only his eyes,
but I still trust him and take his advice.

His medical skills are in demand
beyond the forest in the most distant lands.

But, to look inside me
(there's no way around it)
There's a special jungle table
with a magic tube
And I have to get on it.

It doesn't hurt anyone, big or small.
It will be over in no time at all.





What is that cool thing?
This magical tube, you see
lets Dr. Grape see inside of me.

“Gerda, don’t be afraid! Trust me.
Soon you’ll feel better
and we’ll drink a sweet tea.”

Special magic tube



SIEMENS
lthineers

Cecilia,
the Brave Crocodile





Gerda,
the Braue Giraffe

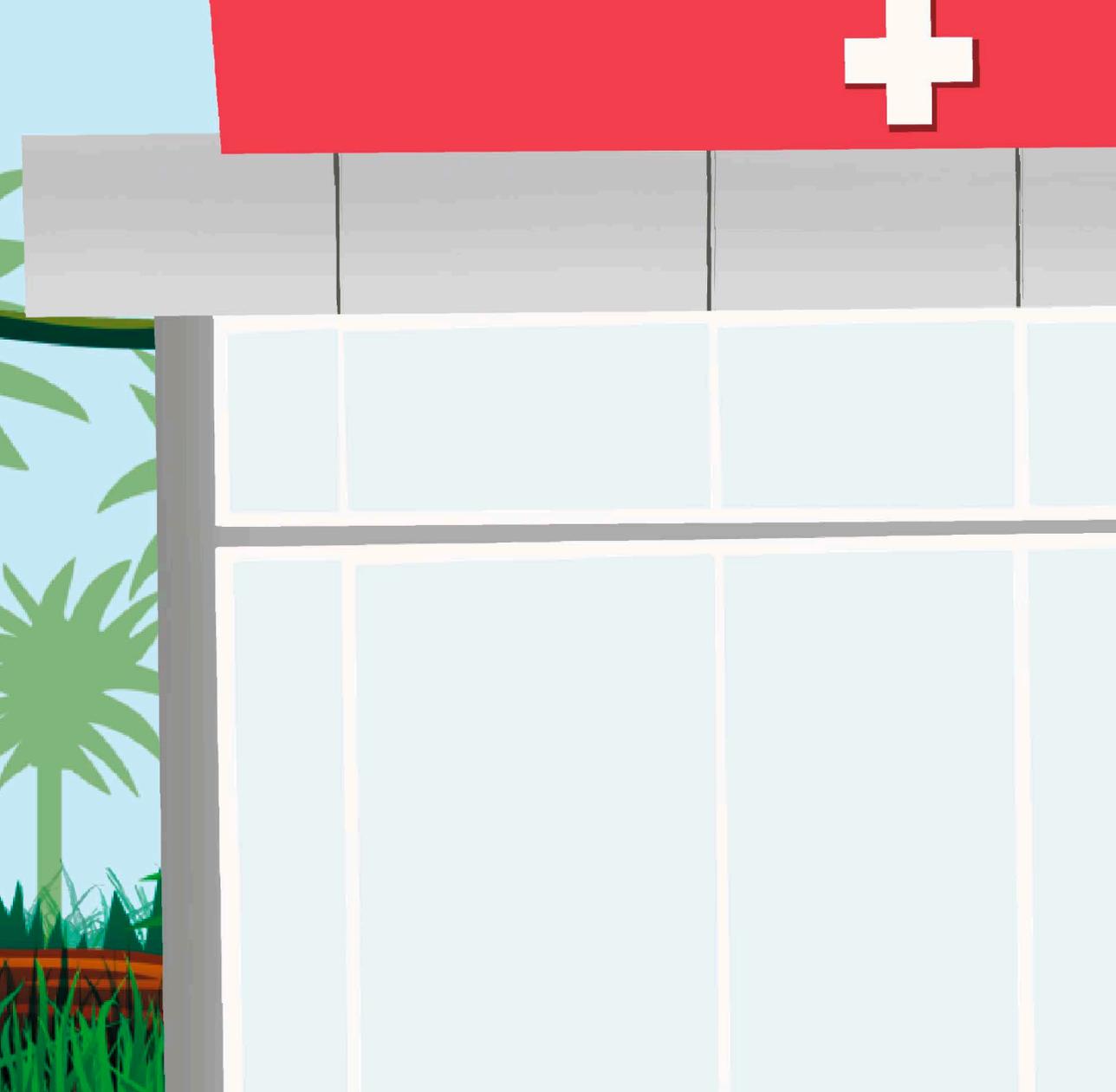
A giraffe with a brown and tan spotted pattern is drinking water from a woven basket. The basket is filled with blue water and has a yellow tube leading to the giraffe's mouth. The background is a solid pink wall. At the top, a garland of four triangular flags hangs across the wall. The flags have different patterns: the first has small pink stars, the second has vertical pink and white stripes, the third has pink dots of various sizes, and the fourth has pink swirls. The floor is a dark red color with a repeating pattern of light red swirls.

At home, mom reads me a book
about the jungle table with the magic tube.
My mom reads so well and is so caring.
It makes me feel much more daring.

The time has finally come, I know.
Everyone is getting ready to go.

We're off to the hospital, to radiology.
I've never been there before, I can't wait to see!





Metal makes the pictures look bad.

So I empty my pockets of anything metal I have.





JOIN IN!

**Everyone is
wearing something
that can't go in
the magic tube.**

**What does that
include?**





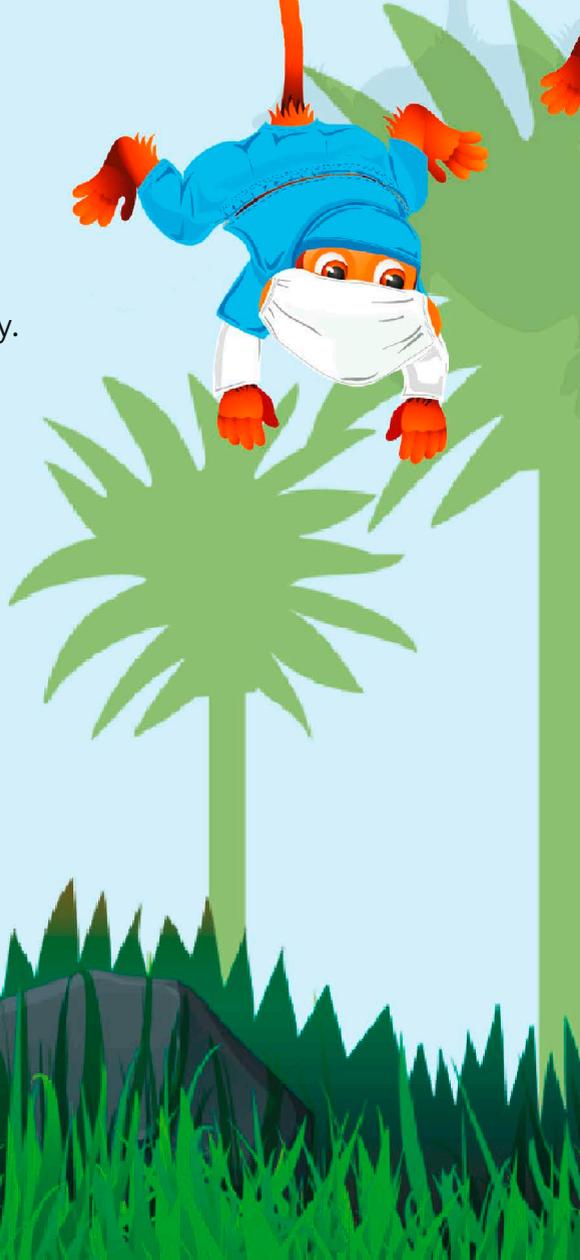
Now, I can go into the room.
Everyone is so friendly.
It's nice no one's rude.

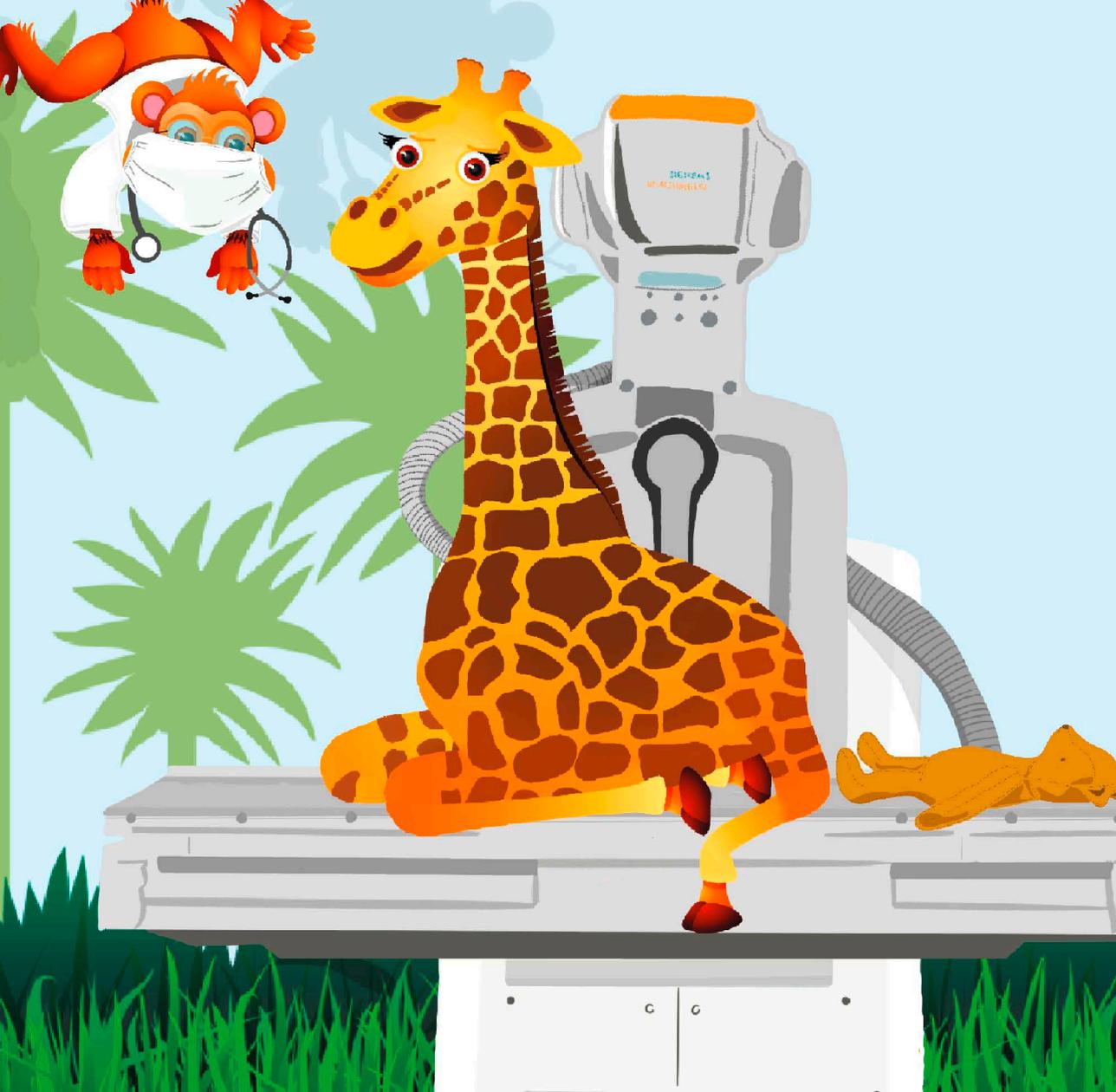




Relaxed, on the cool-looking table I lay.
It slowly moves up, with a whoosh I'm away.

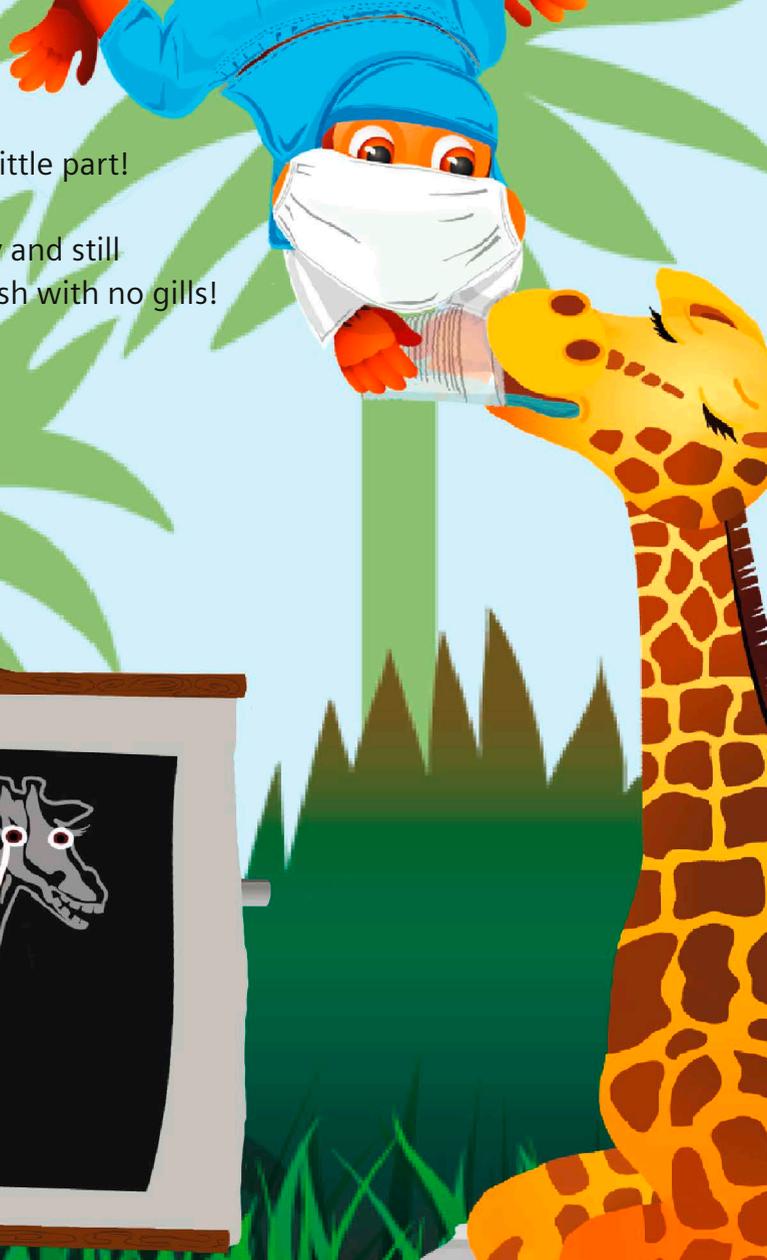
Alone with my teddy,
my very best buddy.





The toucan is very smart
and explains details of every little part!

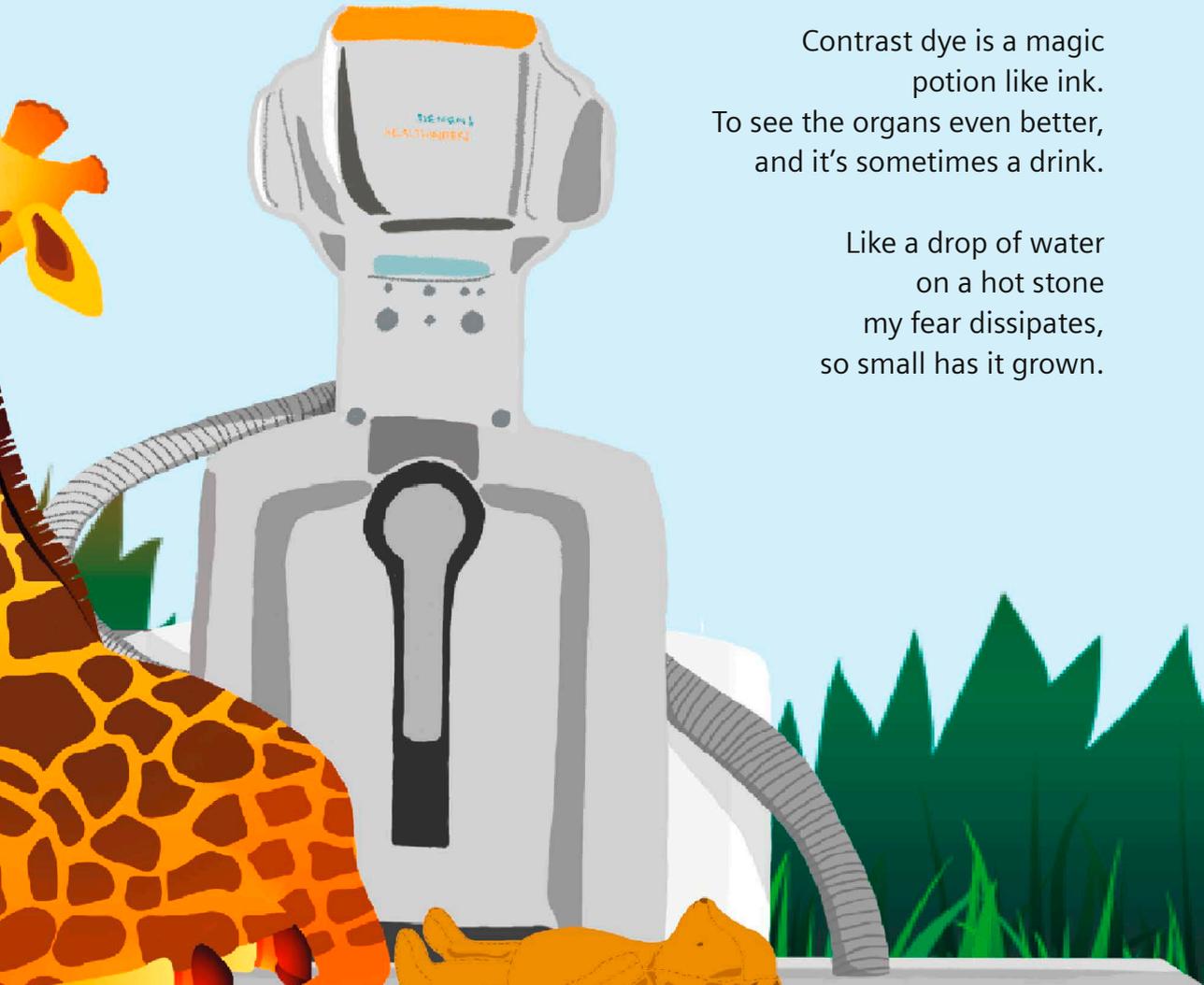
You lay on a long table calmly and still
and don't flop around like a fish with no gills!



Now I just have to drink the magic potion
then relax on the jungle table and not make a motion.

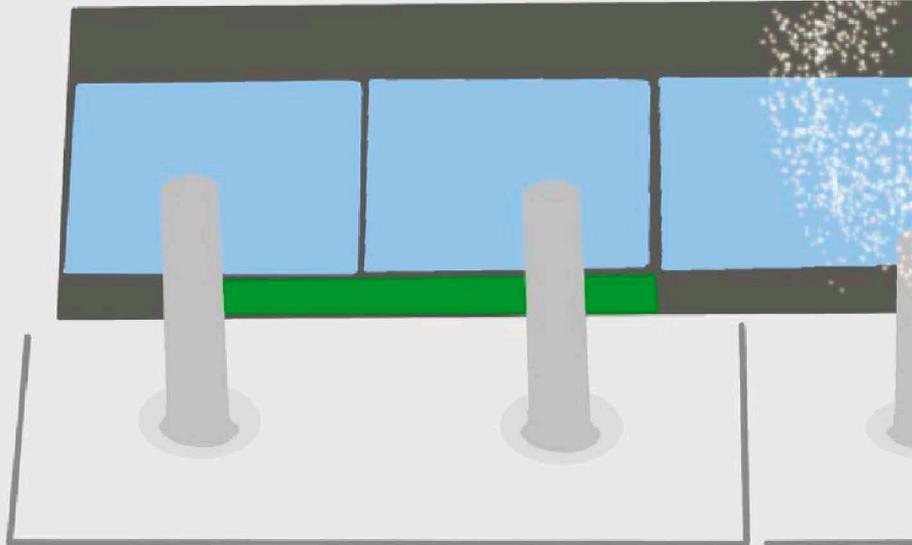
Contrast dye is a magic
potion like ink.
To see the organs even better,
and it's sometimes a drink.

Like a drop of water
on a hot stone
my fear dissipates,
so small has it grown.



Dr. Grape pushes the start button with care.
To take pictures of my insides and see what's there.

You can try it here too.
Press "Start" firmly – what will happen?





JOIN IN!
Press the
START button!

It's rather comfy, I am pleased to learn.
I lie very still and try not to turn.
Teddy is also lying very still.
He'll always protect me, I know he will.
He makes me feel brave and strong.
That helps me stay calm so long.

I breathe the way Dr. Grape tells me to.
I wonder if Teddy likes it, too?





Inside the magic tube, quiet as a mouse,
I relax and imagine adventures in the jungle by my house.

**TO THE
AUDIO STORY**
Scan the QR
code & start
listening!

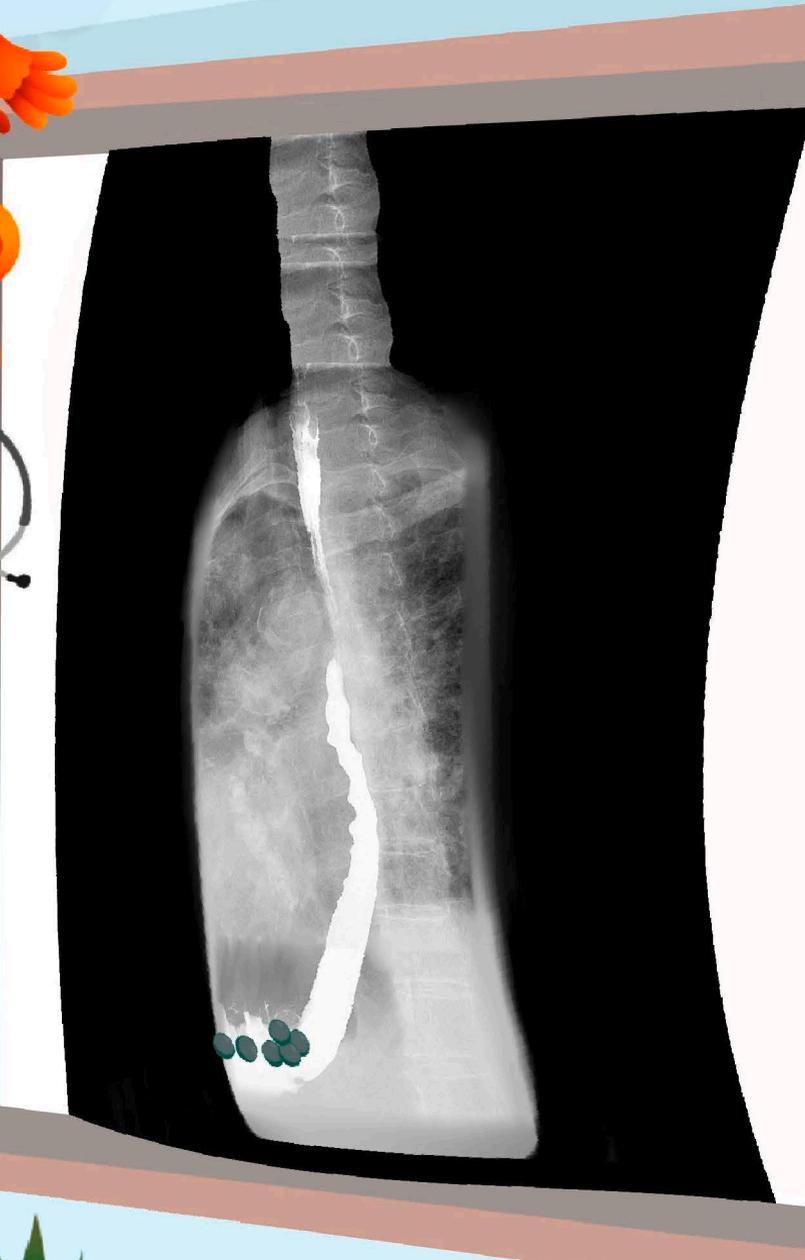


Hurray! It's over! I can hardly believe it's true,
I'm finally allowed to get out of the tube.

Wow! Just look at those great videos and pictures!
They make so many details appear!

Hey, that's inside my tummy, cool!
And, you can see mom's pearls, too.





JOIN IN!

**Can you find
the swallowed
pearls in Gerda's
tummy?**

I was very brave!
So I got a medal!





SIEMENS
Healthineers

Lydar
brave medal



SIEMENS
Healthineers

Now I'm back in my jungle home
happily drinking lemonade with my mom.

In the grass all around me, my friends jump and run.
My bravery medal is a lot of fun.



The pearls came out all on their own,
as I sat on the toilet inside of our home.





Fluoroscopic diagnostics

Your child's fluoroscopy briefly explained

Fluoroscopy (fluoroscopic examination) uses x-rays to generate real-time moving images of the inside of a patient. It is like a video made up of dynamic X-ray images. Using a digital detector, the images are displayed on the monitor.

The fluoroscopy is performed using a large screening device. This procedure is unfamiliar to children and can cause a variety of reactions. While one child will be excited and curious about the machine, others will be afraid of spending time in the treatment chamber. This book aims to provide children and their parents important information about the fluoroscopy examination and reduce potential fears and uncertainties as much as possible.

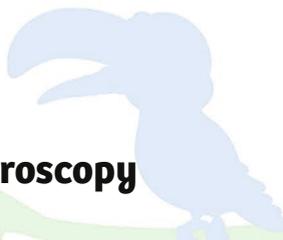
What is a fluoroscopy examination?

A fluoroscopy examination is an imaging process. It allows the treating doctors to view parts of the body from the inside. The real-time movement of organs like the esophagus, intestines, blood vessels, bladder, kidneys, bone marrow, fallopian tubes, tissue or other internal structures is shown. Standard X-ray images are like a static picture. Fluoroscopy is like a film. The radiation dosage has been reduced to a minimum over the past few years. The scanning device consists of a tube, a detector, a device base and a table. The patient either lays on the table or stands on a step in the system. The table is mobile and can tilted by plus/minus 90 degrees.

The fluoroscopy examination is painless for the patient. Specific settings are available for pediatric patients which ensure the lowest possible radiation exposure.

How does a fluoroscopy examination work?

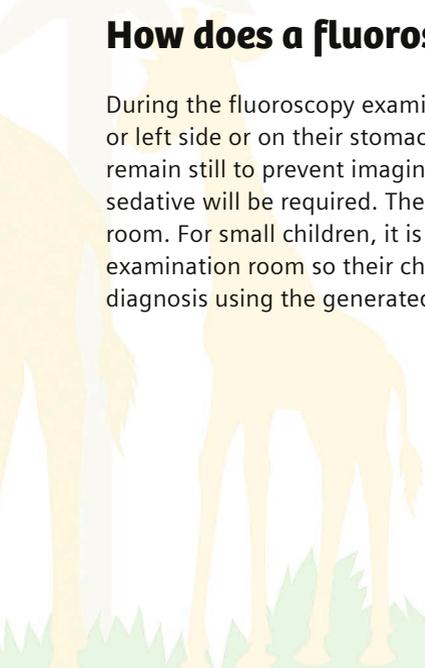
Fluoroscopy uses X-rays: electromagnetic waves that move at the speed of light. They are generated in a tube and a generator which are the core of the system. The MTRA continuously presses a button which releases the pulsed radiation. The size of the ray is limited to a specific region. This avoids exposing other organs.



When should a child undergo a fluoroscopy examination?

If the patient has symptoms or there are other clinical indications, a fluoroscopic examination is a possible diagnostic procedure. The more precise the diagnosis is at the beginning, the greater the chances that the treatment will be successful.

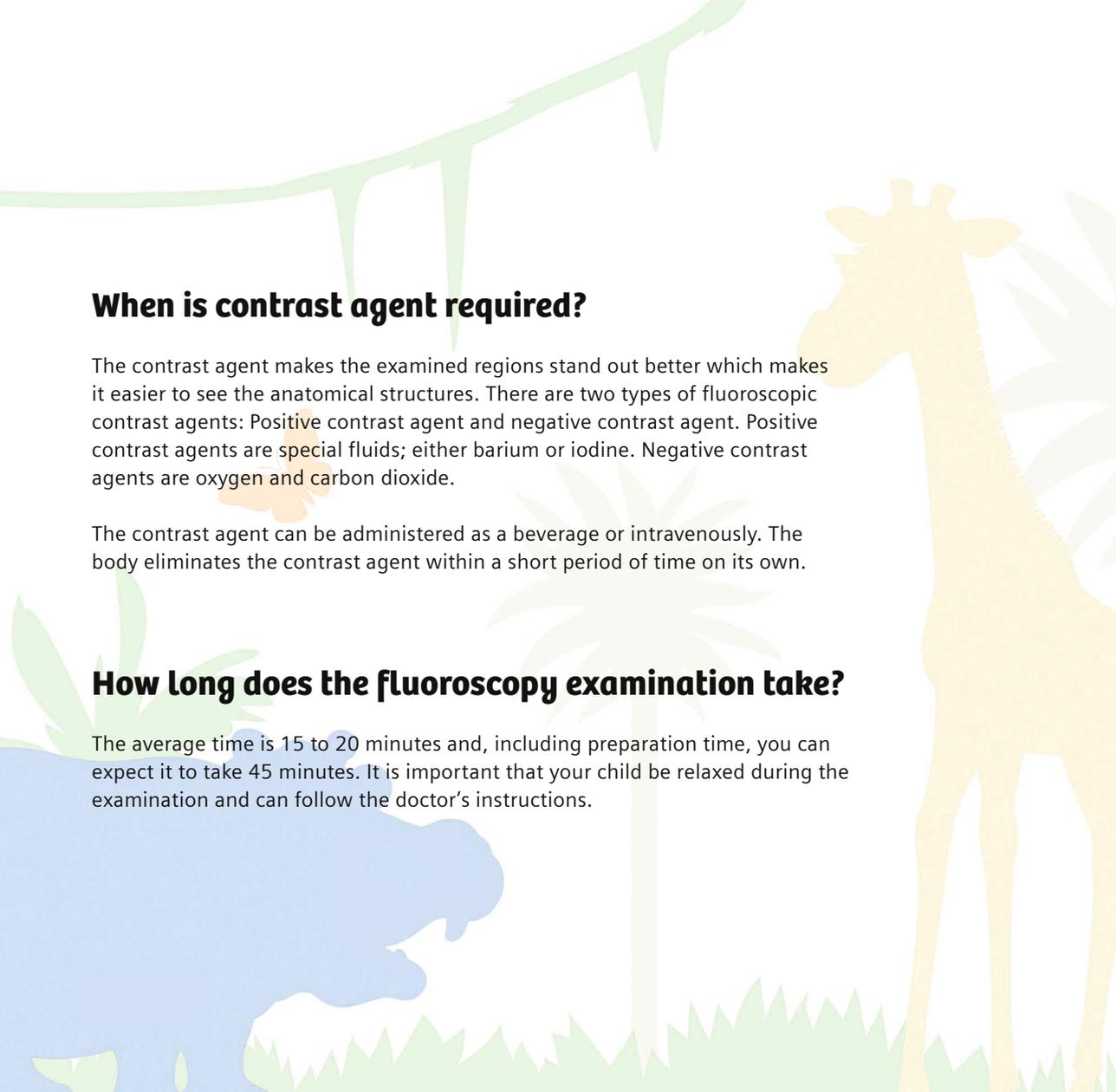
Fluoroscopy can provide more clarity when the ultrasound and X-ray examinations of your child are not informative enough.



How does a fluoroscopy examination work?

During the fluoroscopy examination, the pediatric patient must lie on their right or left side or on their stomach. As soon as the radiation is released, they must remain still to prevent imaging distortions. If the child cannot remain still, a sedative will be required. The doctors are with the children in the examination room. For small children, it is recommended that the parents remain in the examination room so their children feel safe. The doctor can make a direct diagnosis using the generated fluoroscopy images.



The background features a stylized savanna scene. On the right, a yellow giraffe stands tall. In the bottom left, a blue dinosaur is partially visible. The landscape includes green grass at the bottom, a palm tree in the center, and various green leaves and branches scattered throughout. The overall style is simple and illustrative.

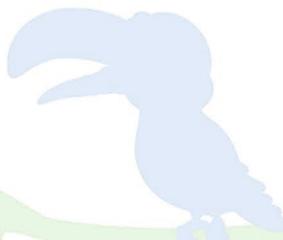
When is contrast agent required?

The contrast agent makes the examined regions stand out better which makes it easier to see the anatomical structures. There are two types of fluoroscopic contrast agents: Positive contrast agent and negative contrast agent. Positive contrast agents are special fluids; either barium or iodine. Negative contrast agents are oxygen and carbon dioxide.

The contrast agent can be administered as a beverage or intravenously. The body eliminates the contrast agent within a short period of time on its own.

How long does the fluoroscopy examination take?

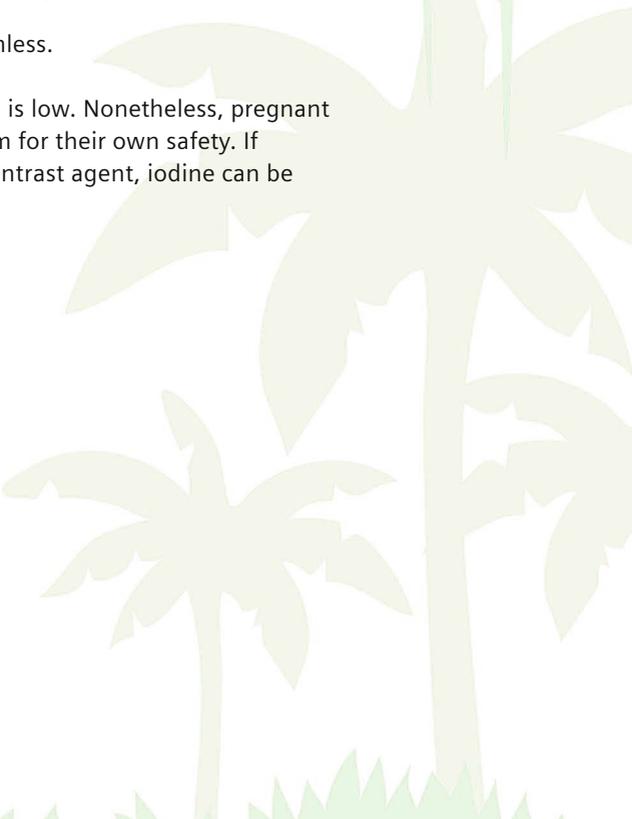
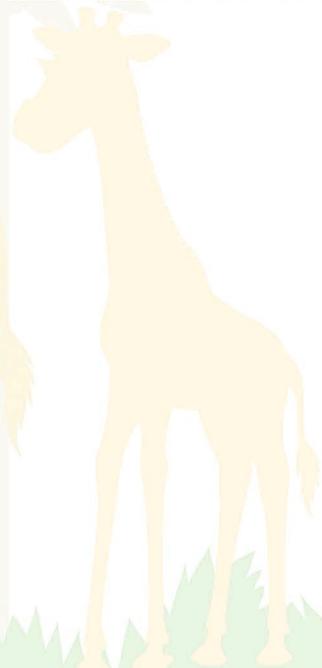
The average time is 15 to 20 minutes and, including preparation time, you can expect it to take 45 minutes. It is important that your child be relaxed during the examination and can follow the doctor's instructions.



What are the risks of a fluoroscopy examination?

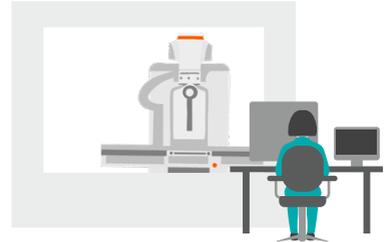
The X-rays are invisible and the examination is painless.

The radiation dosage of a fluoroscopy examination is low. Nonetheless, pregnant women should not remain in the examination room for their own safety. If your child has an allergic reaction to the barium contrast agent, iodine can be administered as an alternative.



Fluoroscopy examination procedure

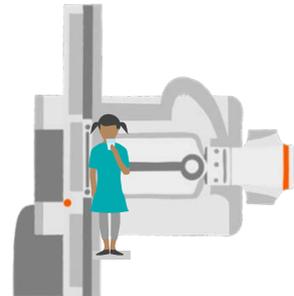
- 1 Depending on the patient's diagnosis, a specific contrast agent will be chosen.



- 2 To protect against the radiation, the child and parents wear lead aprons. The height of the device table is adjustable so the child can easily and safely climb onto it. First, the pediatric patient is in the reclined position on the table.

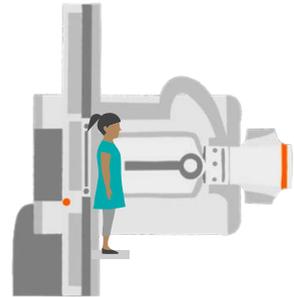


- 3 The device can be put into various positions. If it is turned 90 degrees, the child will stand on a footrest and hold on to handles. The radiation is kept as low as possible during the examination by means of specific presettings.



4

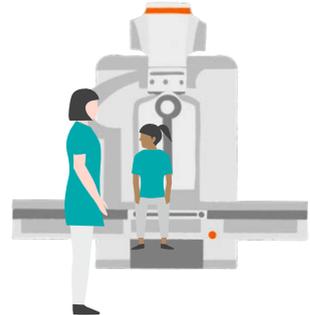
The pediatric patient will be instructed to drink the contrast agent quickly. The radiologist will confirm the start button and release the X-rays. Upon instruction from the doctor, the child must change position and drink more contrast agent. The examination process is repeated from this perspective. Moving images can be seen on the monitors in real time. The contrast agent makes the functionality of the affected organs visible.



5

What does a fluoroscopy feel like?

The child will not feel any pain during the examination. The diagnostic examination is non-invasive. Only the contrast agent will be administered and, if needed, a change in position to the left or right may be necessary. The scanning system has a large opening between an X-ray tube and the table. The child can easily climb on and off the table.



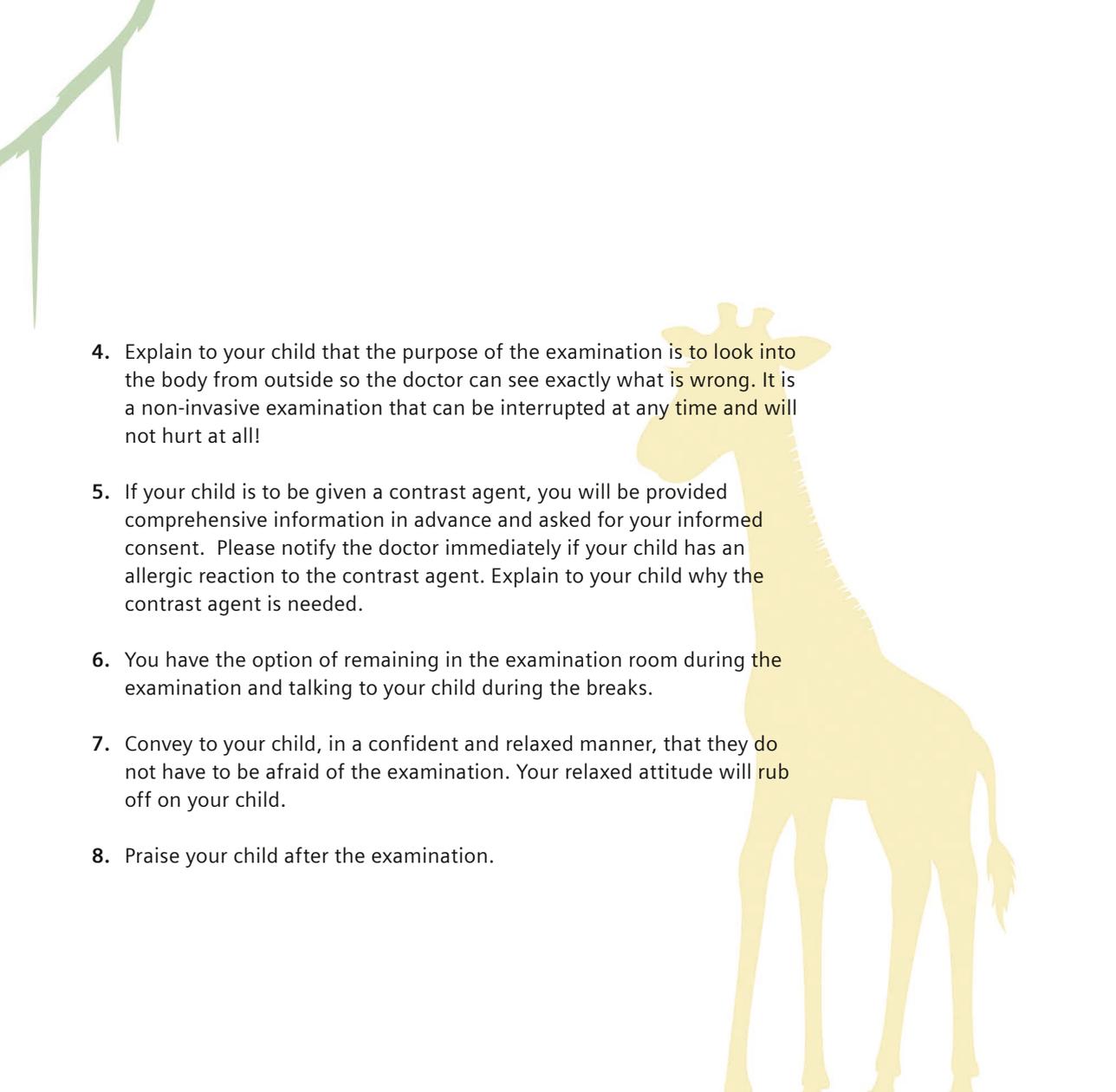
The most important points, in brief

1. You and your child should choose comfortable clothing for the examination. Please make sure the clothing does not have any metal parts like buttons or zippers. If needed, you can borrow a patient gown.
2. You can bring your child's favorite stuffed animal (without metal parts) for support. Audio books with stories or music you bring with you or the Gerda audio story can be played during the examination.
3. Clarify in advance whether your child should refrain from eating or drinking before the examination.



**TO THE
AUDIO STORY
Scan the QR code
& start listening!**

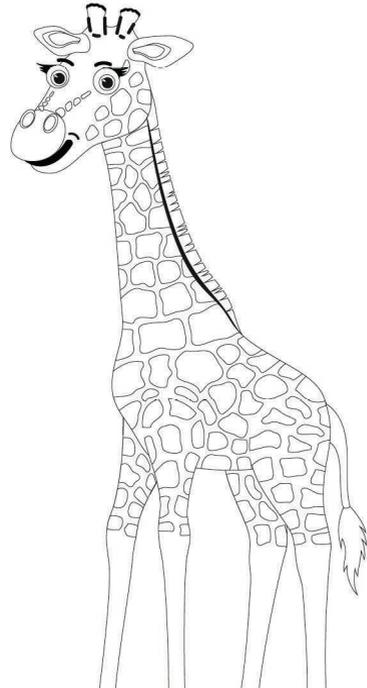
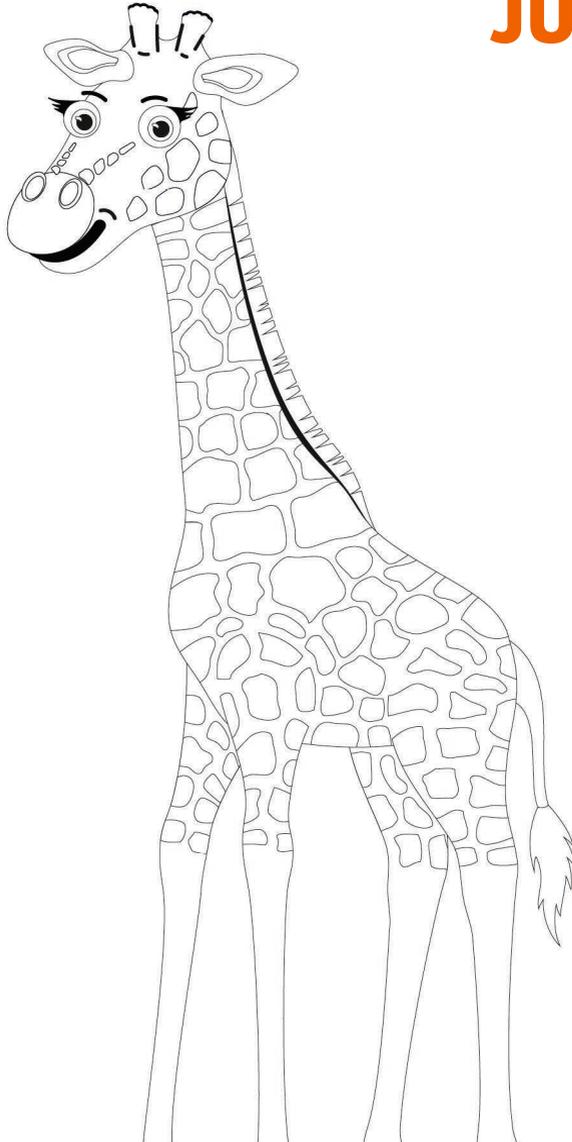


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4. Explain to your child that the purpose of the examination is to look into the body from outside so the doctor can see exactly what is wrong. It is a non-invasive examination that can be interrupted at any time and will not hurt at all!
 5. If your child is to be given a contrast agent, you will be provided comprehensive information in advance and asked for your informed consent. Please notify the doctor immediately if your child has an allergic reaction to the contrast agent. Explain to your child why the contrast agent is needed.
 6. You have the option of remaining in the examination room during the examination and talking to your child during the breaks.
 7. Convey to your child, in a confident and relaxed manner, that they do not have to be afraid of the examination. Your relaxed attitude will rub off on your child.
 8. Praise your child after the examination.



JUNGLE WORLD

to color in





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Fragebogen
(DE)



Questionnaire
(EN)



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