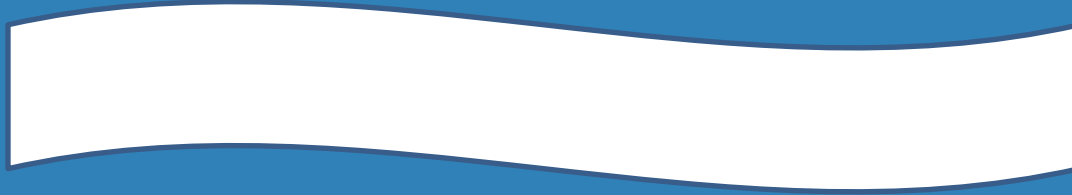


# My Trip to the NIH



**NIH Clinical Center**

National Institutes of Health



Hi! Meet Cuddles. Cuddles has gone to all the places you will go while you are at the NIH. See if you can find Cuddles in any of the pictures you see.



Welcome to the NIH!  
You can get information about your visit from the  
**Information Desk.**



When you get there, you might be asked to put on an NIH mask to wear inside the Clinical Center. The mask might look like one of the pictures you see here.

One of the masks has bears on it, just like Cuddles!



You will visit the NIH badging office to take a picture and get your official ID badge.



At the beginning of your visit, you may get a **COVID swab**. This means that a nurse will put a Q-tip in your nose. It may feel a little uncomfortable, but it only lasts for about 10 seconds. It will be over before you know it!



You will meet with the RUNX1 Study Team  
in the **Pediatrics Clinic.**



Doctors and nurses may take your vitals – including: measuring your weight and height and taking your blood pressure and your temperature. They may also ask you some questions about your health.





You may have a blood draw at the **Phlebotomy** department. Your caregiver will be right there with you the whole time.



You may also meet with other doctors in the **Pediatrics Clinic**, such as GI (about your eating and digestion) or Allergy/Immunology. The allergy/immunology team may do allergy skin testing.



You may also go to **the 13<sup>th</sup> floor Outpatient Clinic (OP13)** to meet with the dermatology team. They will look at your whole body for any rashes or other changes to your skin.

See how many fish you can count in the fish tank!



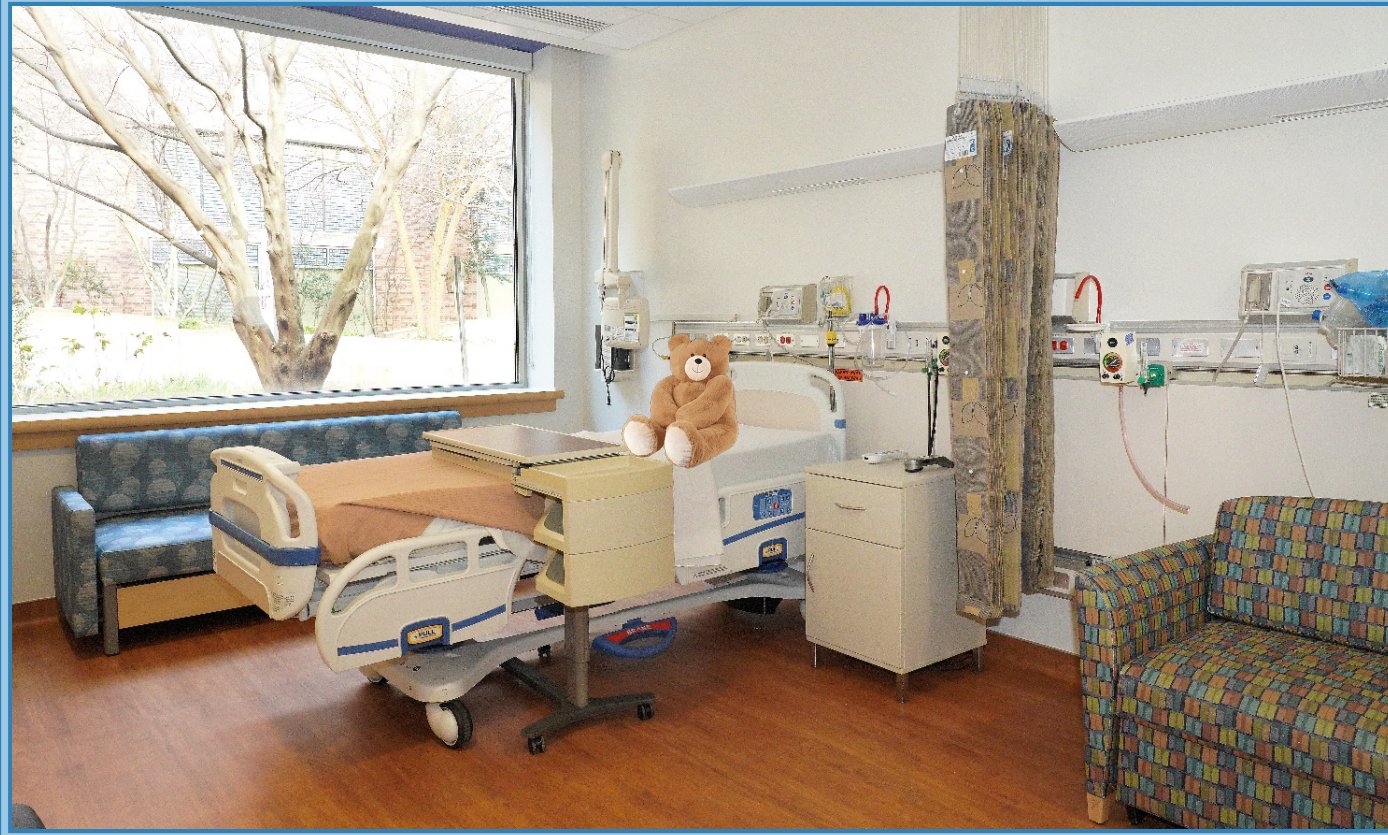
You will have time to play in the  
NIH playrooms!



At the pre-anesthesia clinic, your doctors and nurses will do a check up and listen to your lungs and heart.



You may go to the lab for **Pulmonary Function Tests**. They might ask you to blow into a tube, or do other tests for your lungs.



You may also have a bone marrow biopsy. The morning of the biopsy, you will go to the **1NW Day Hospital** to have an IV put in.



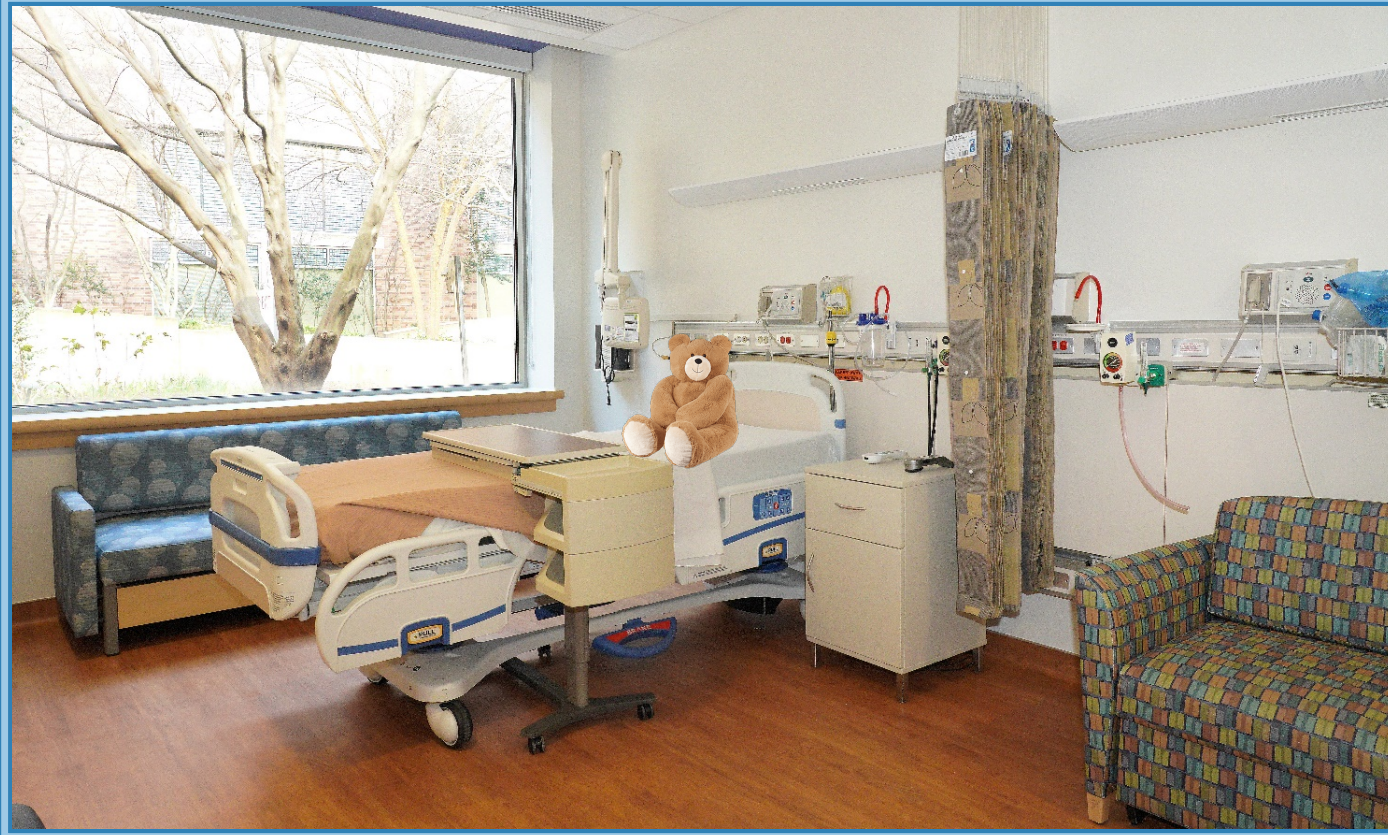
The IV is a small, bendy straw that the nurse will use to give you medicine to help your body. The IV will go into a vein inside your arm or hand. This is what it will look like.





Next, you will go to the **Operating Room (OR)** for the bone marrow biopsy.

Don't worry! Your caregiver will get to stay with you until you fall asleep.



After your bone marrow biopsy, you may go to the **1 NW day hospital** to recover. You will soon be ready to eat, drink, and return to the Children's Inn or hotel.

TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
Remember condiments when placing order



## Lunch/Dinner

AVAILABLE AFTER 11AM

### DELI SANDWICH

Whole or Half

#### CHOICE OF:

- Turkey
- Ham
- Roast Beef
- Chicken Salad
- Tuna Salad
- Egg Salad
- Uncrustables  
Prepackaged Peanut Butter & Jelly on Wheat
- Peanut Butter & Jelly

BLT  
Bacon, Lettuce & Tomato

Cold deli meats are not recommended for immunosuppressed individuals. Heated deli meats are available at your request.

TRY ADDING DICED AVOCADO TO YOUR BLT!



### CHEESE:

- Swiss
- American
- Low Fat American
- Provolone
- Cheddar

### BREAD:

- White
- Whole Wheat
- Multi-Grain
- Rye
- Hoagie Roll
- Corn Tortilla
- Flour Tortilla

### ACCOMPANIMENTS:

- Lettuce
- Tomato
- Onion

### GRILLED PANINI SANDWICH

Roast Beef  
with provolone, sliced onion, mustard, mayonnaise, on multigrain bread

Vegan  
with garlic, onion, red and green peppers, mushrooms, and spinach on multigrain bread

Turkey  
with bacon, guacamole, and provolone, served on a toasted bagel

Tomato Basil   
with mozzarella cheese, fresh tomatoes and basil, in a flour tortilla



### SNACKS

- Potato Chips\*
- Baked Potato Chips
- Pretzels
- Saltine Crackers
- String Cheese
- Corn Tortilla Chips

- Guacamole
- Salsa
- Pita Chips
- Hummus
- Peanuts salted

- Whole Grain  
Goldfish Crackers
- Graham Crackers
- Granola Bar
- Rice Krispies Treat

\*Lower sodium, fat and/or calorie versions of these foods are available.  
 Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

TO ORDER MEALS, PRESS 3, OR CALL 301-451-3663 (FOOD)  
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## Lunch/Dinner

AVAILABLE AFTER 11AM

### GRILL

- Cheese Steak Sub  
with peppers and onions
- Hamburger
- Cheeseburger
- Veggie Burger
- Hot Dog\*
- Chicken Fingers
- Caesar-marinated Grilled Chicken Sandwich
- Grilled Cheese Sandwich\*  
on white, whole wheat, or rye
- Fried Chicken Wings
- Fish Sticks

### ENTRÉE SALAD

- Grilled Chicken Caesar
- Classic Cobb

### PERSONAL PIZZA

#### CHOICE OF:

- Mozzarella Cheese Blend
- Pepperoni
- Mushrooms
- Green Peppers
- Pineapple
- Diced Tomato
- Onions
- Ham
- Diced Chicken
- Spinach



### APPETIZERS

#### SOUP

- Chicken Noodle
- Tomato
- Vegetable
- Mexican Chicken & Rice

#### SIDE SALAD

- Tossed Garden Salad
- Fresh Vegetable Plate

ORDER HUMMUS TO GO ALONG WITH YOUR VEGETABLE PLATE FOR ADDED PROTEIN!



### PASTA

- CHOICE OF PASTA :  
Spaghetti
- Penne
- Egg Noodles
- Spinach Ricotta Ravioli

#### CHOICE OF SAUCE & MEAT:

- Marinara Sauce
- Meat Sauce
- Olive Oil
- Turkey Meatballs  
choose a sauce
- Creamy Butter Sauce

\*Lower sodium, fat and/or calorie versions of these foods are available.  
 Vegetarian item (no meat, poultry, seafood, but may contain dairy and/or eggs)

While you are recovering, you can order a meal from the NIH menu. There are lots of yummy foods to choose from!



Your family can spend time in the family lounge on  
**1NW Pediatrics.**



You may get to ride on the **NIH Shuttle**.

# Questions I might ask the NIH team:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



Thank you for taking a tour with me! See you at the NIH. Your study team can't wait to meet you!