

My Trip to the NIH





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.

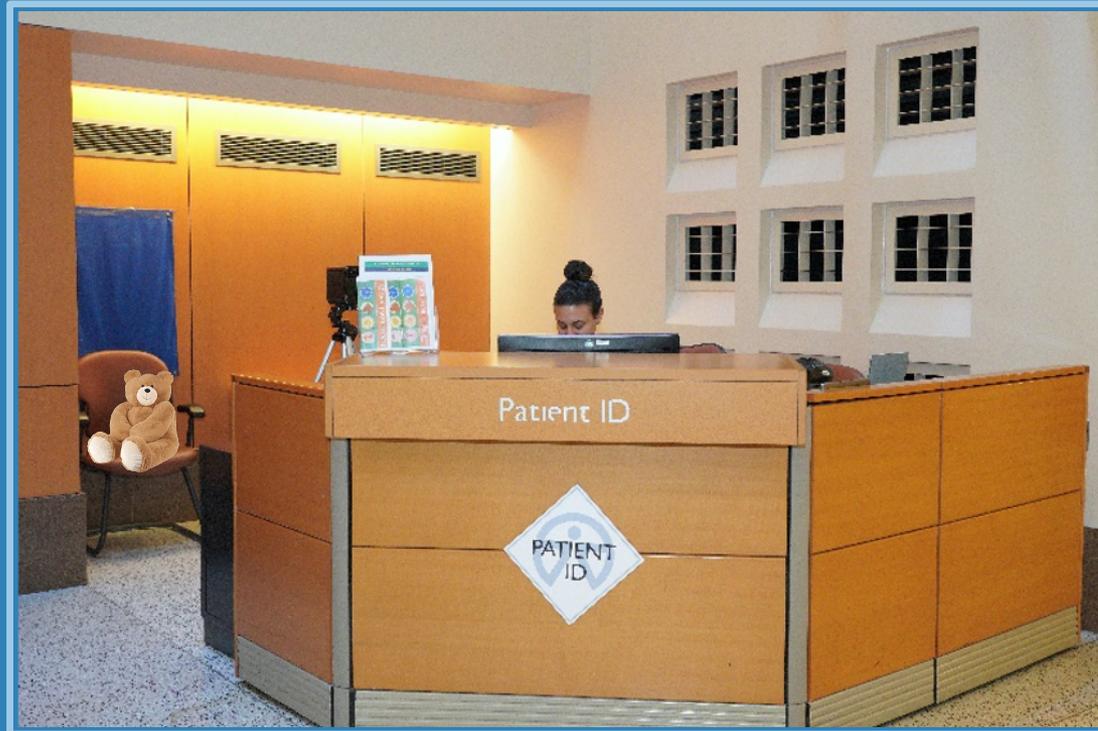


Welcome to the NIH!
You can get information about your visit from the
Information Desk.



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.



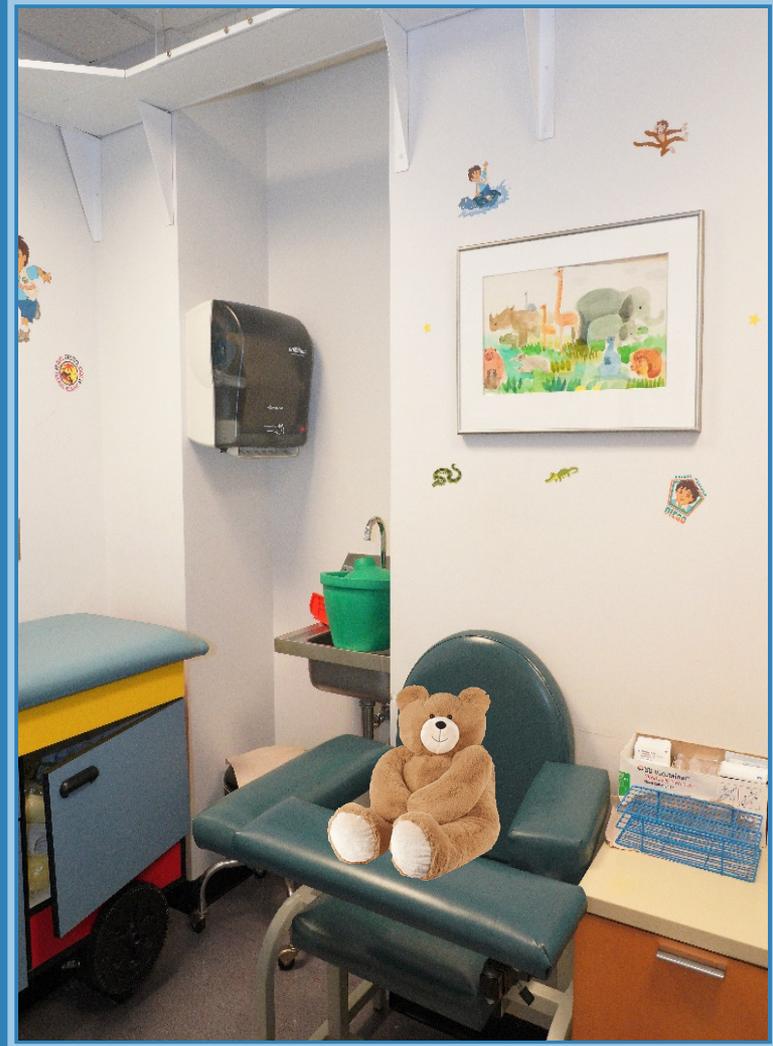
At the beginning of your visit, you may get a **COVID swab**. This means that a nurse will put a Q-tip in your nose. It may feel a little uncomfortable, but it only lasts for about 10 seconds. It will be over before you know it!



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 13th 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!



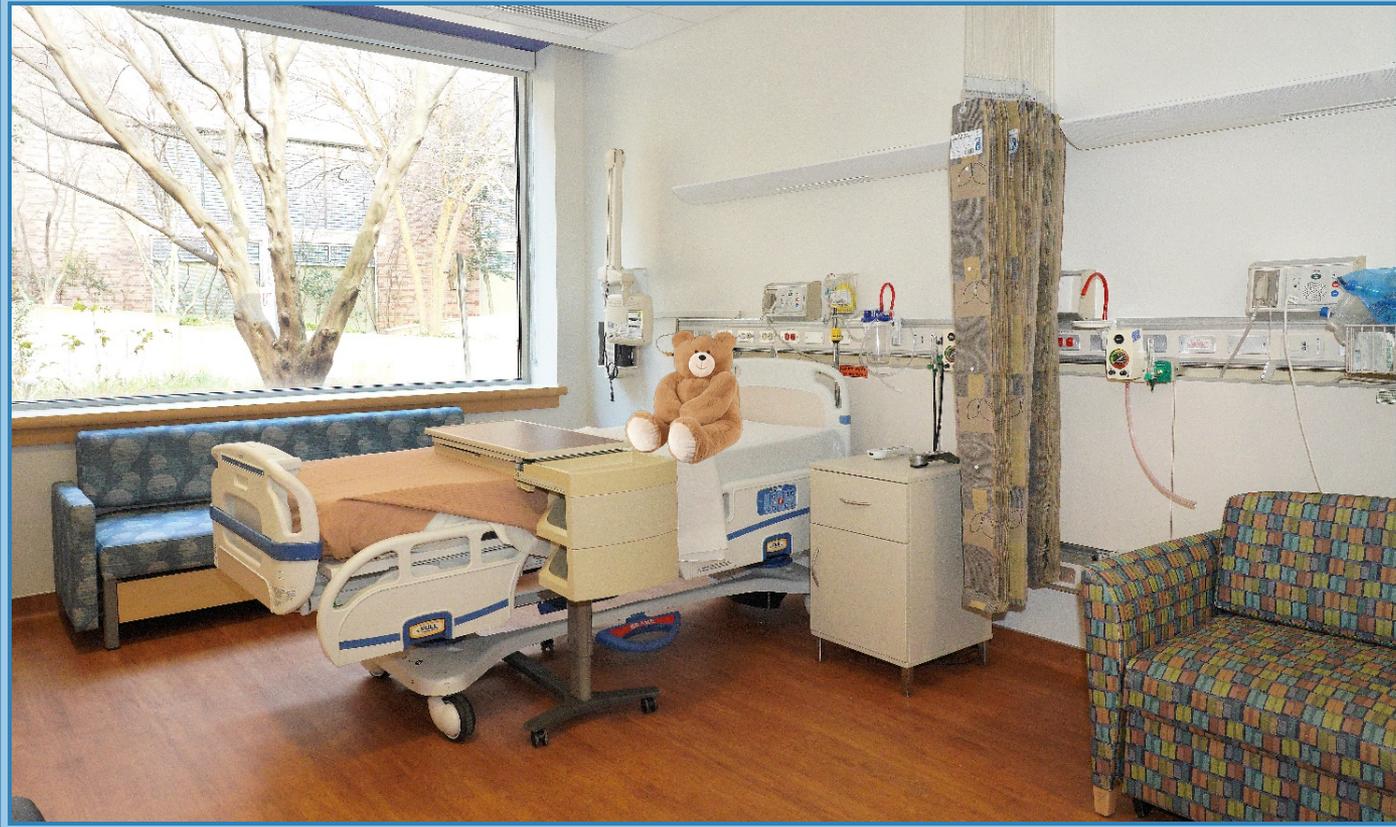
You will have time to play in the
NIH playrooms!



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.

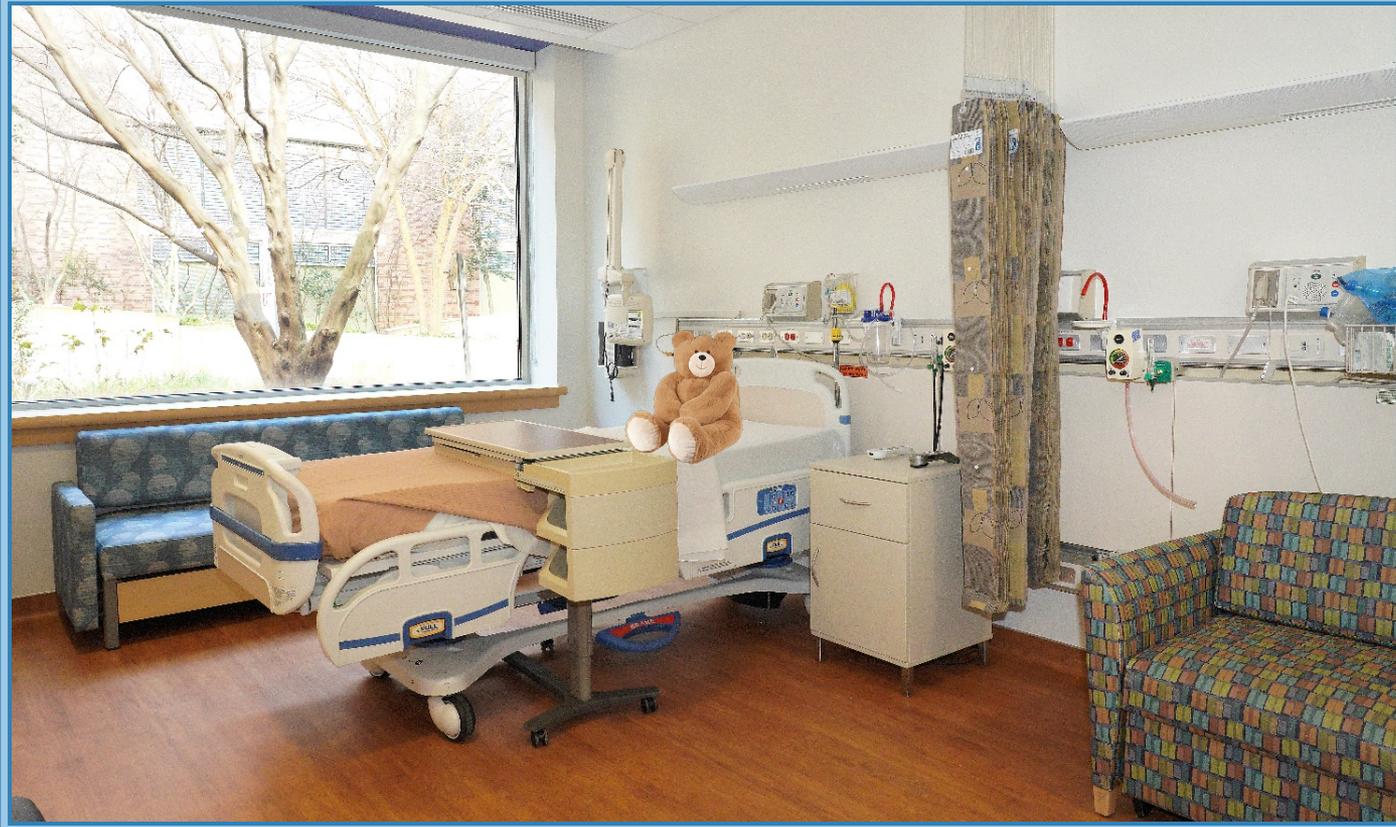


The IV is a small, bendy straw that the nurse will use to give you medicine to help your body. The IV will go into a vein inside your arm or hand. This is what it will look like.



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)

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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

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 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**.



You may stay overnight at **The Children's Inn.**



At the Children's Inn, you will get your own mailbox where you can get letters and other fun surprises.



There are lots of fun things to do at the Inn, like playing games in the game room.



You can find fun toys to play with in the playroom.



You and your family can cook and eat meals together at the Inn kitchen.

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!