

Preparing for a Nasal Scope: A Kid's Guide

Do you know why you are at the hospital today?

You will be having a nasal scope!

Your Craniofacial Clinic appointment will be at C.S. Mott Children's Hospital in Ann Arbor, MI.

- You and your parent or caregiver will park in the P4 or P2 parking structures, and check in at the welcome desks.
- Take elevator #6 to Floor 3. Go left off the elevators to check in at the reception desk.

Here are some pictures of the waiting room. You will wait here until you hear your name called.





You can bring comfort items (like stuffed animals), games, and activities from home to play with while you are waiting.

After your name is called, we will stop in a room that looks like this.

This is where we will need to learn some important information about you and how you have been growing.

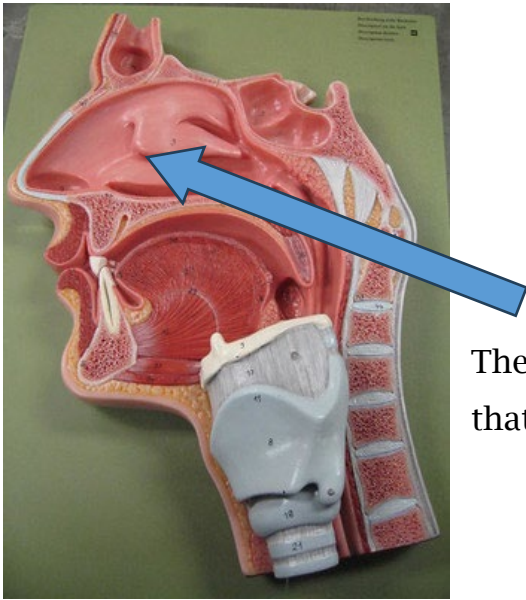
We will see how tall you are, how much you weigh, and check your temperature.



After this, you and the person who came with you will walk to your room where you will have your nasal scope.

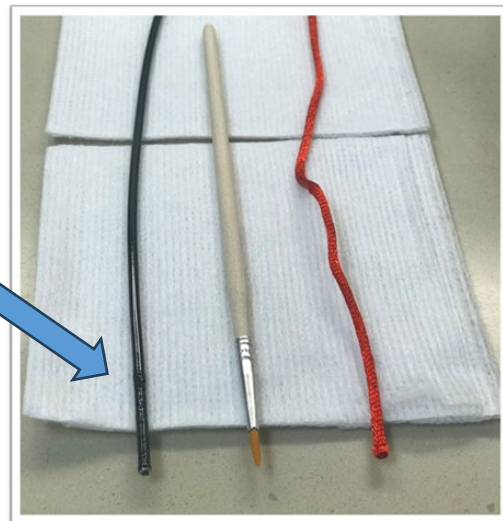
What is a nasal scope?

A **nasal scope** is a very small camera that goes into your nose to make sure your nose is healthy. It is like making a movie of your nose!



The **nasal cavity** is the area inside your nose that you use to smell and breathe.

This is the camera. Some kids say it looks and feels like a noodle. As you can see, it is the same size as a small string or tiny paint brush.



This will be your room. What do you see in here?



Once you are in your room, you will meet the Speech-Language Pathologist. This is the person that will be making your nose movie and hearing how you speak.

This machine is called a **nasometer**. It will record your voice while you are talking.

You will hold it up to your mouth and repeat a few words and sentences very clearly.



This is the chair you will sit in. Some kids say the chair looks like one they sit in to get their hair cut or teeth cleaned.

You can choose if you want to sit on your caregiver's lap in the chair or have them stand next to you.

Which way would you like to sit?



Next, it is time to get your nose ready for the camera by squirting special gel spray into it. This gel spray makes it so you can't feel the inside of your nose for a little while.

Some kids get the gel spray on one side of their nose, and some get the spray in both sides. Your doctor will choose what is best for you.

Some kids say it the gel spray tickles and feels cold. Some kids say the spray can taste sour or salty.

After the spray, you may choose a color wand, which is like a sweet lollipop, to taste on your tongue.

What is your favorite color?

What do you think it tastes like?



Your job is to hold still while the Speech-Language Pathologist sprays the special numbing gel up your nose. Then, take a big strong sniff in like you are smelling flowers so that the gel does not run out of your nose.



Wow, this patient is doing a great job holding still!

Time to set up for your nose movie!

You will choose if you'd like to sit by yourself or sit in the lap of the person who came with you. Their job will be to give you a hug.



Someone called a medical assistant may come help you hold your head still to keep you safe.

What would you like to play with while getting your nose movie to help make the time go by?



You may also bring your favorite items from home to play with during your nose movie.

It helps to relax! Relaxing your mind can help your test go faster.

Try doing these things to relax:

- Sing or listen to your favorite song
- Breathe deeply or blow bubbles
- Think of a place that makes you happy
- Count numbers
- Read a book
- Squeeze someone's hand or a stress ball
- Tell a story
- Watch TV or movie
- Hold a light spinner

Next, it is time to get the camera ready.

The camera will be dipped in blue water and gel to make the end smooth.





Next, it is time for the camera to look in your nose.

Some kids say it tickles and they feel like they need to cough.

Your job is to hold still, like a statue!

During your nasal scope, we will want to get a video of you speaking words that start with **P**, **D**, and **B**.

Can you think of any words that start with those letters?

Here are some examples: puppy, purple, pink, papa, ball, bubble, baby, bye bye, daddy, dog, doctor, doo-doo. Which words will you choose to say?

The camera shows pictures on the computer screen.

You will be able to watch your nose movie on the computer when you are all done.

The doctor might come in the room to watch your nose movie too.



How long will it take to make your nose movie?

Your nasal scope will last 5 minutes or less. It will last as long as reading a story or listening to 2 songs.



Then, you're all done!

Remember to wait to eat or drink anything for 30 minutes because your nose or throat may feel numb.

If you have any questions, you can always ask your family, nurse, or doctor.

We are all here to help!

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