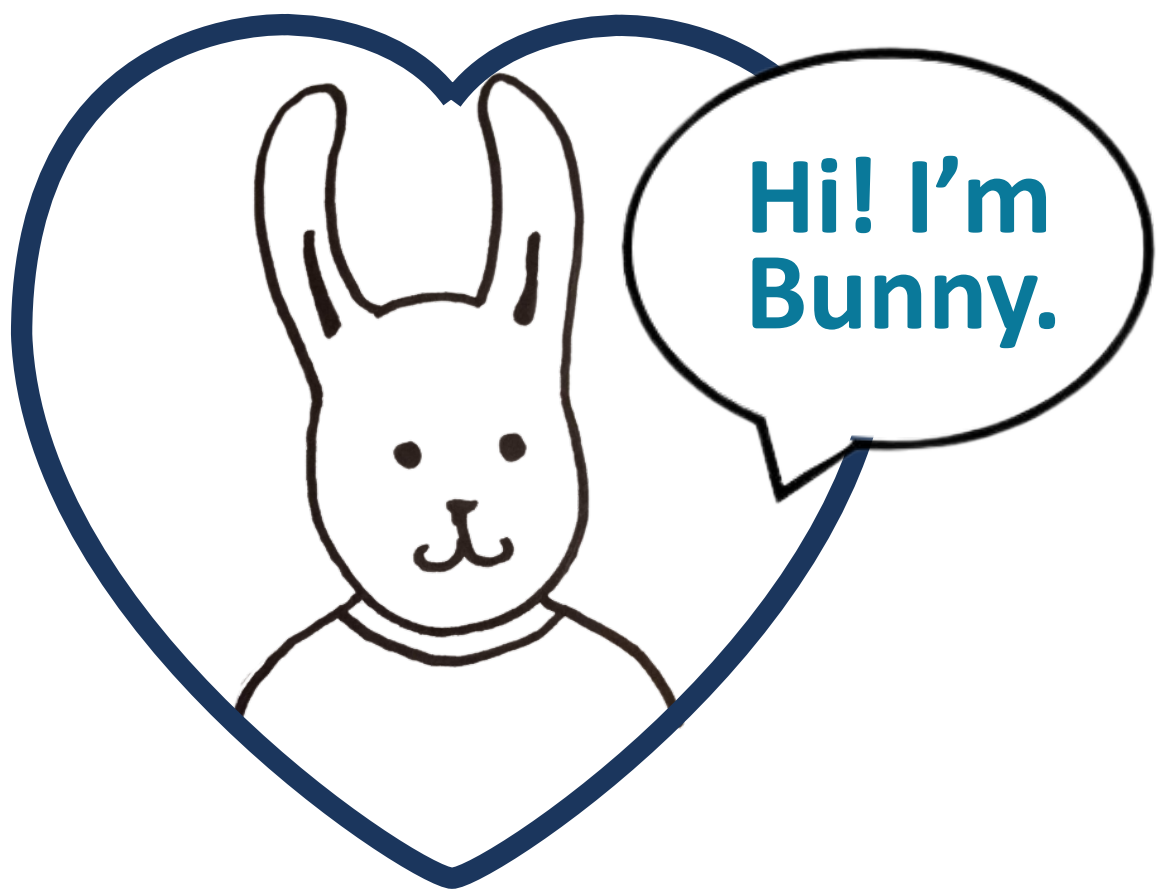


BUNNY'S CARE GUIDE

What to expect during Proton Therapy
Coloring Book



Sometimes I have to go to proton therapy at Fred Hutchinson Cancer Center, too. I want to tell you all about it!

What is your name?

Dear Families,

This coloring and activity book was designed to help introduce your child to the proton therapy experience. We understand that radiation treatment can be stressful for your child and your family. With this book, your child will learn more about what to expect during their visit to Fred Hutchinson Cancer Center. Our goal is to help your child feel more comfortable with the experience, encourage them to ask questions, and talk about how they're feeling.

Sincerely,

The Fred Hutchinson Cancer Center Staff

Erin Behen, MS, MS, CCLS (Child Life Specialist)

Erin.behen@seattlechildrens.org

206-306-2812 (M & Th)

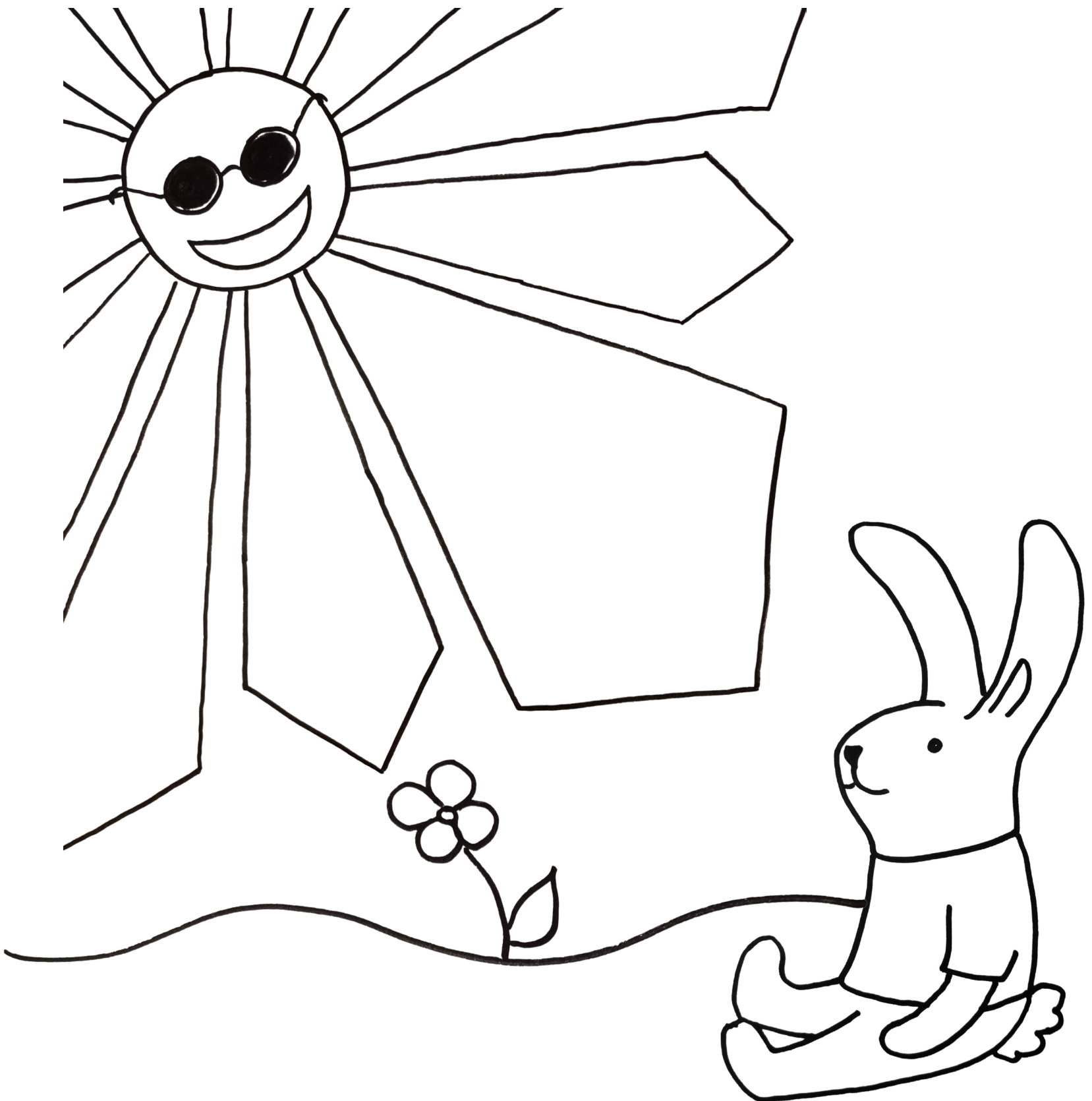


Fred Hutch
Cancer Center

Proton Therapy

So what is Proton Therapy?

Proton therapy is a kind of radiation that is made up of beams of energy that are aimed at the area we need to treat. During proton therapy you won't feel, see or hear the beams. It's kind of like the rays of the sun; we draw them in pictures because we know they are there, but when you look up at the sun, you can't see the individual beams.



Here are the people you will meet.

They are here to take good care of you. Can you color them?



Anesthesiologist
(An-nes-thee-see-all-o-jist)



Radiation Oncologist (Doctor)



Child Life Specialist



Nurse (RN)



Radiation Therapist (RT)

Before your first treatment, they will make a badge, just for you.

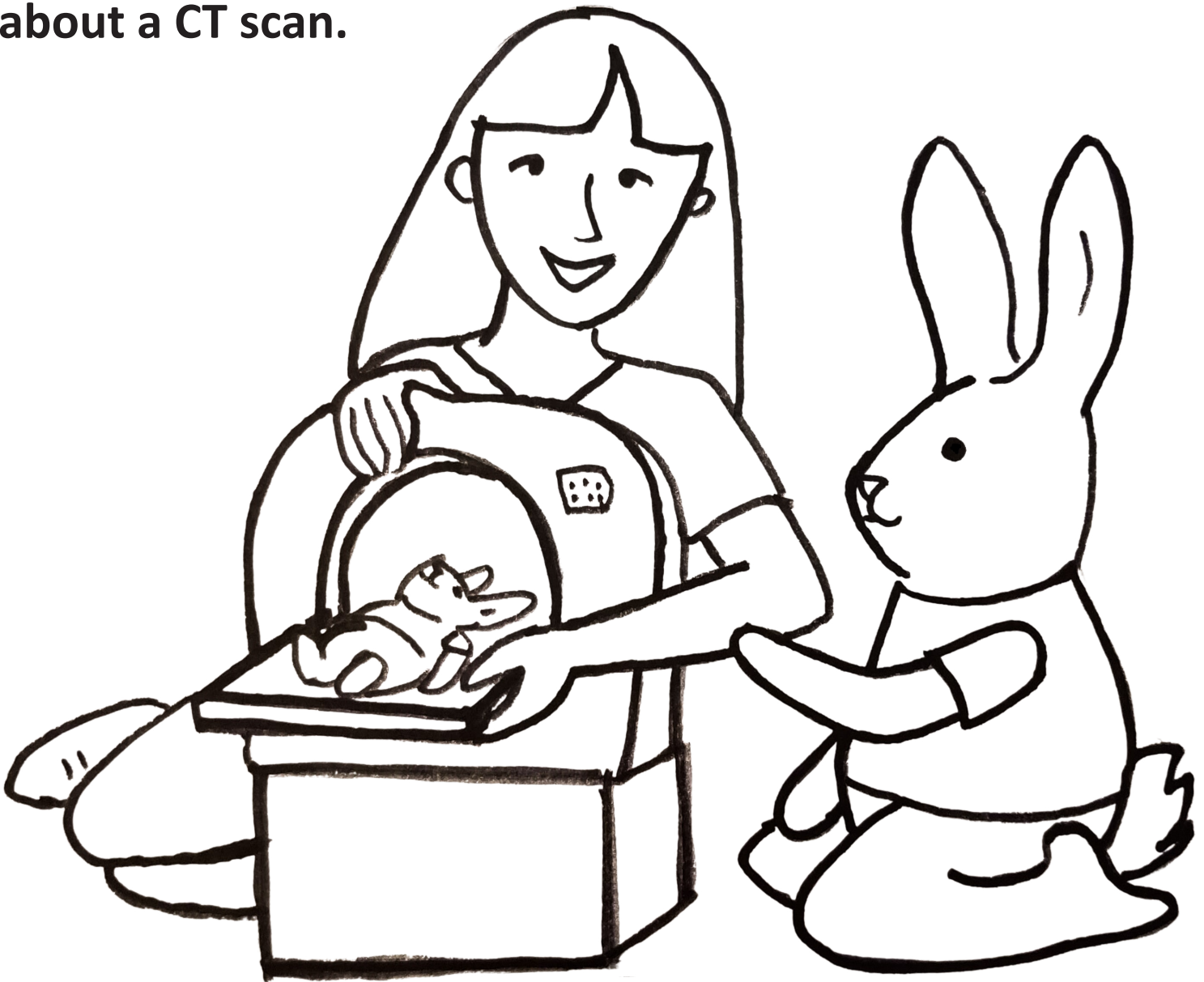
It will have your name and your picture and let them know when you've arrived.



You may also spend time with a Child Life Specialist.

A child life specialist is a person who can help you understand what is going to happen while you are getting proton therapy. You can ask them any questions you have, and make a plan to help you during treatment.

Bunny is learning about a CT scan.



What questions do YOU have?

Your nurse will take your vitals.

This means they listen to your heart, take your temperature, give your arm a little squeeze, and put a little bandaid with a light on your finger.

Find and circle all the things you might see in your room.

BLOOD PRESSURE CUFF

HEARTBEAT LINE

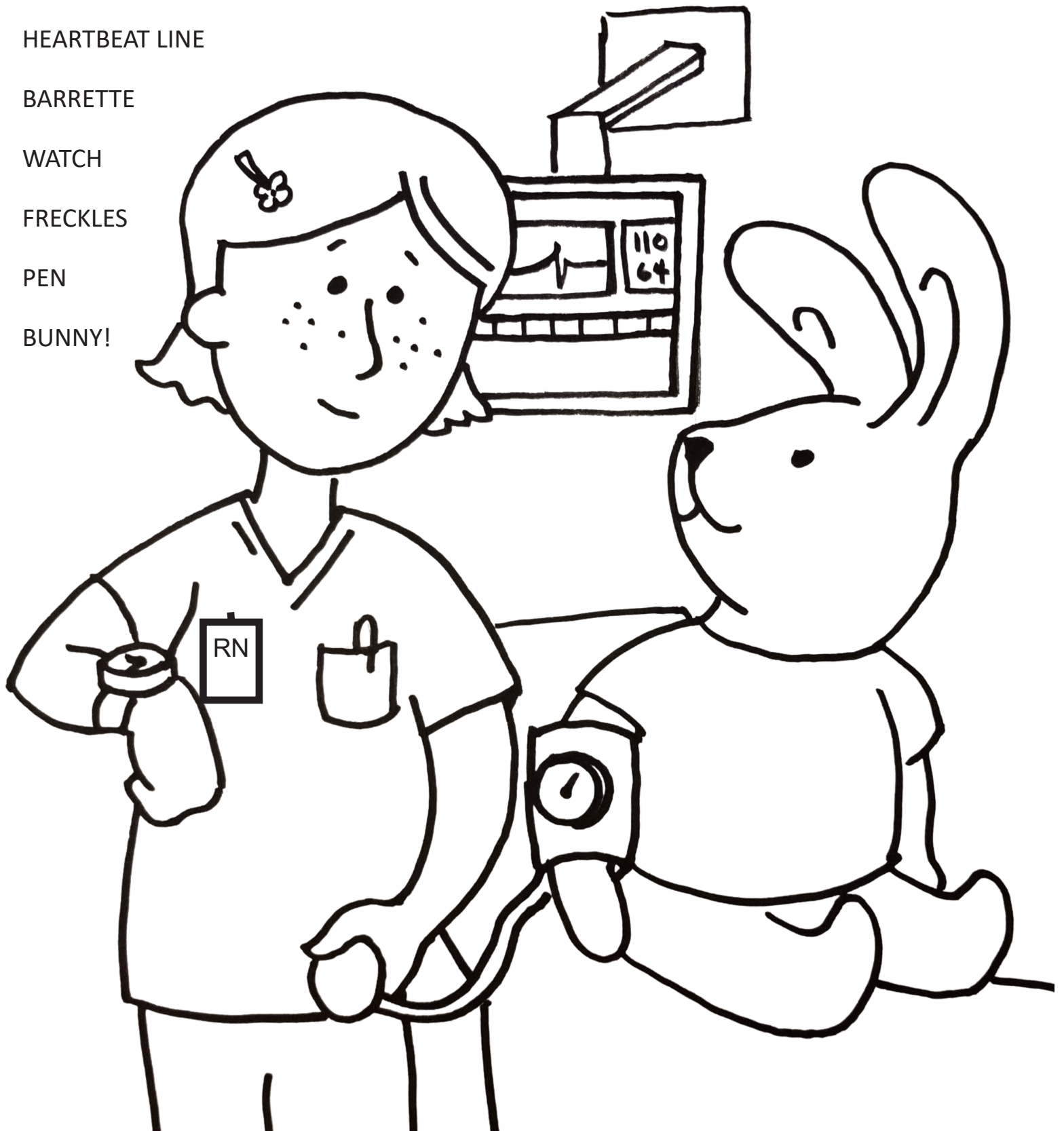
BARRETTE

WATCH

FRECKLES

PEN

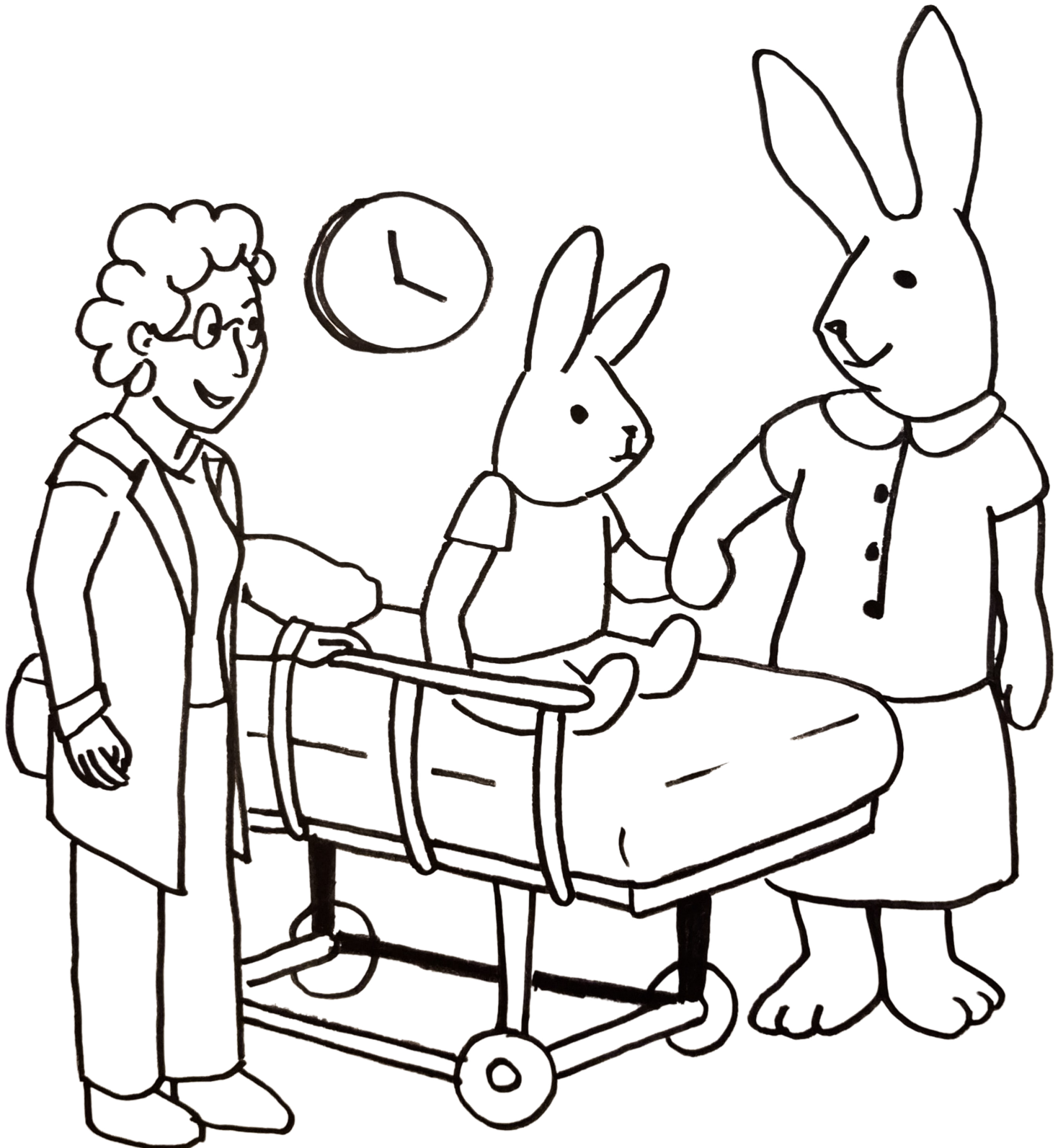
BUNNY!



You may have to go to sleep so you can stay very still for your treatment. If you do...

... your anesthesiologist will give you medicine that will help you fall asleep. Your parent or loved one can be with you when you fall asleep and wake up.

While you are here, you can check out the colorful ferns and hidden animals on the walls.



Simulation Day Plan for:

_____ (name)

On your simulation day, think about what jobs you have and what will help you relax. Make a plan for your visit. Share this with your medical team.

On my simulation day, I can:

- Bring my favorite book
- Bring my favorite toy
- Bring a warm blanket
- Something else: _____

While I wait for simulation, I will:

- Talk to my family
- Play a game
- Draw, color, or read
- Something else: _____

As I fall asleep, I would like to:

- Listen to music
- See how high I can count before I fall asleep
- Use a warm blanket
- Something else: _____

When I wake up, I would like:

- My loved ones to cuddle me
- My favorite toy
- Something else: _____

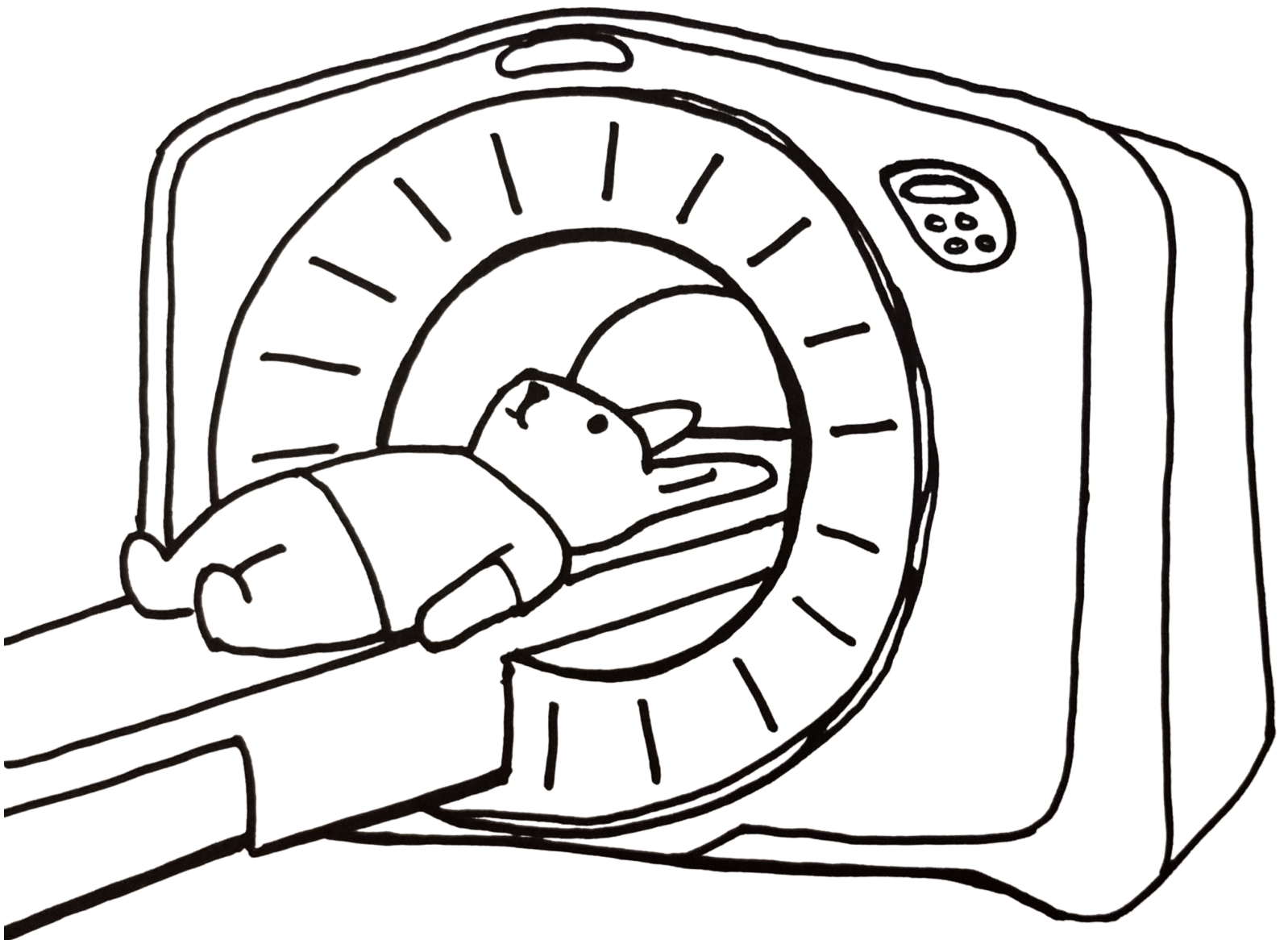
My favorite songs are:

- _____
- _____
- _____

This is called a CT Scan Machine.

Doctors use it to see inside your body. Your job is to hold really still. On the day of your simulation you will have a CT Scan.

Can you practice lying very still?



At the Center, they may make a special mask just for you. If they do...

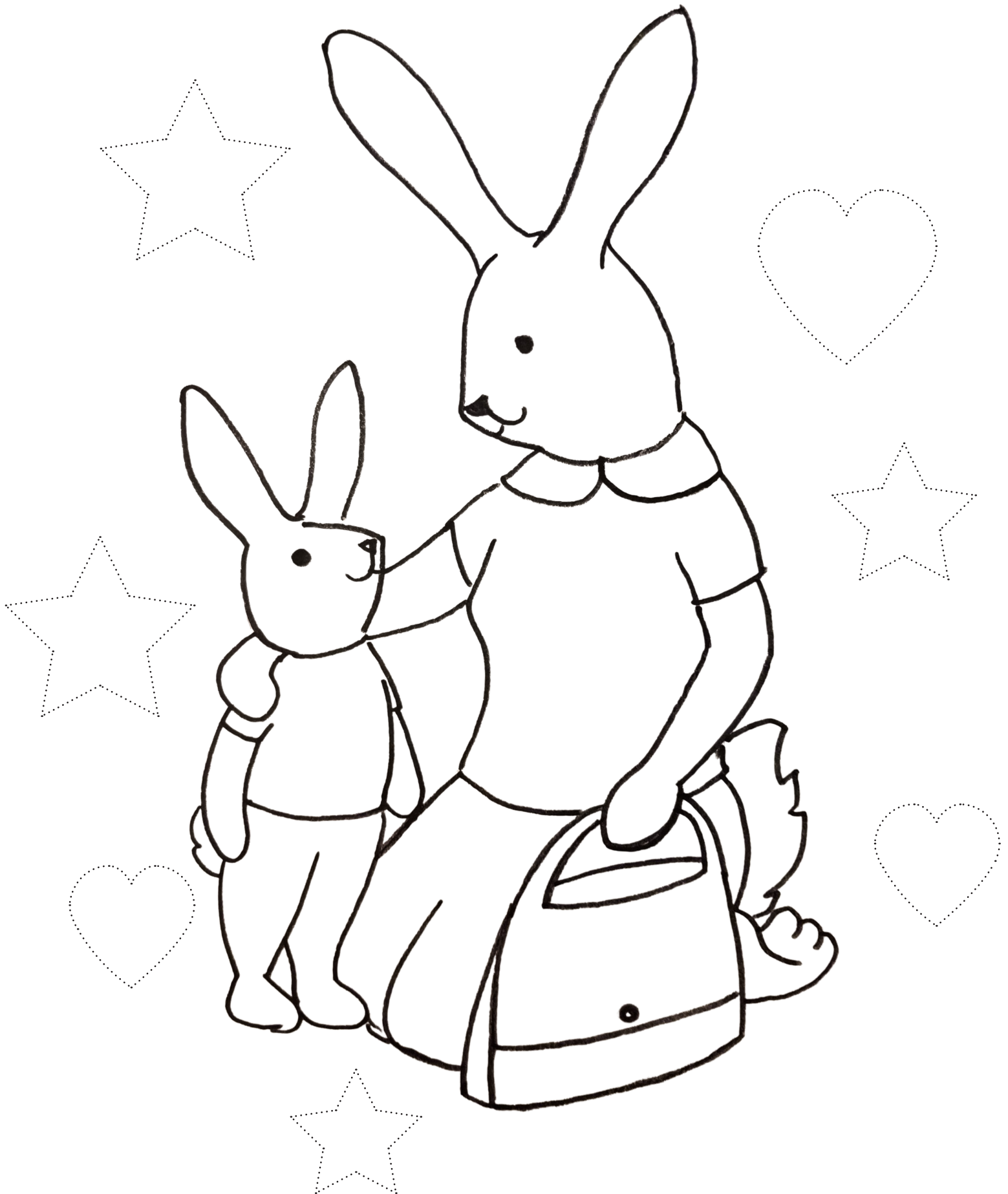
... you don't wear it all the time. You just put the mask on before your proton treatment while the doctors take care of you, and it helps you stay in the positions the doctors need. It will feel warm for a few minutes when they make your mask, but it won't hurt at all, and it just takes a few minutes to harden.



This is what a mask looks like. If you could decorate yours, what would you do with it?

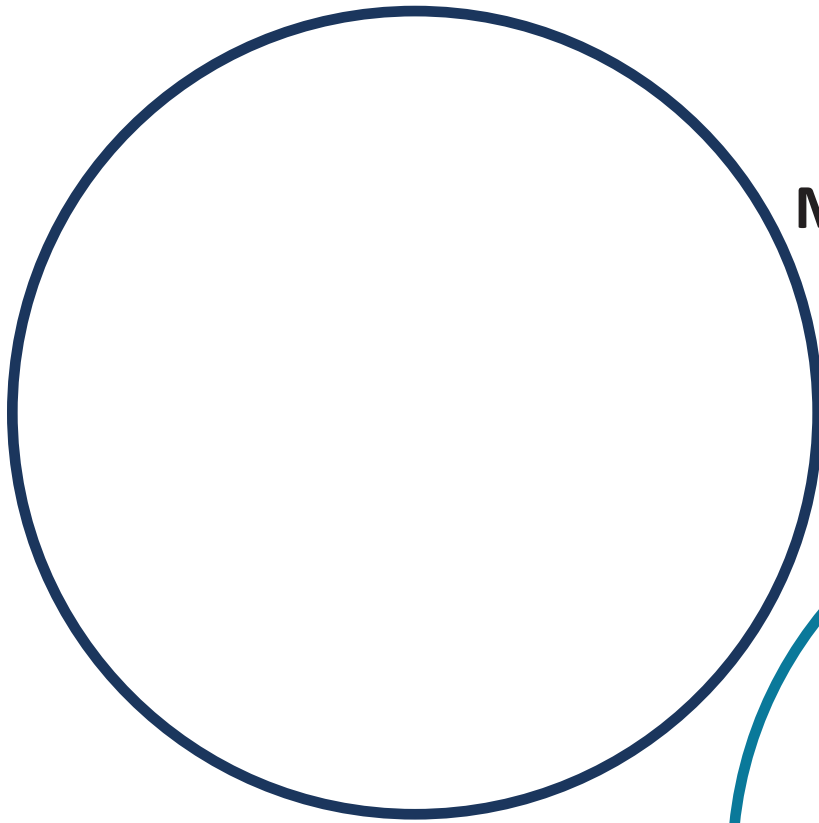
Now you get to go home for a bit.

The people at Fred Hutch will work on getting the protons just right for you before you come back. Can you trace and color all the stars and hearts in this picture?



When your treatment plan is ready, you'll come back to start treatment.

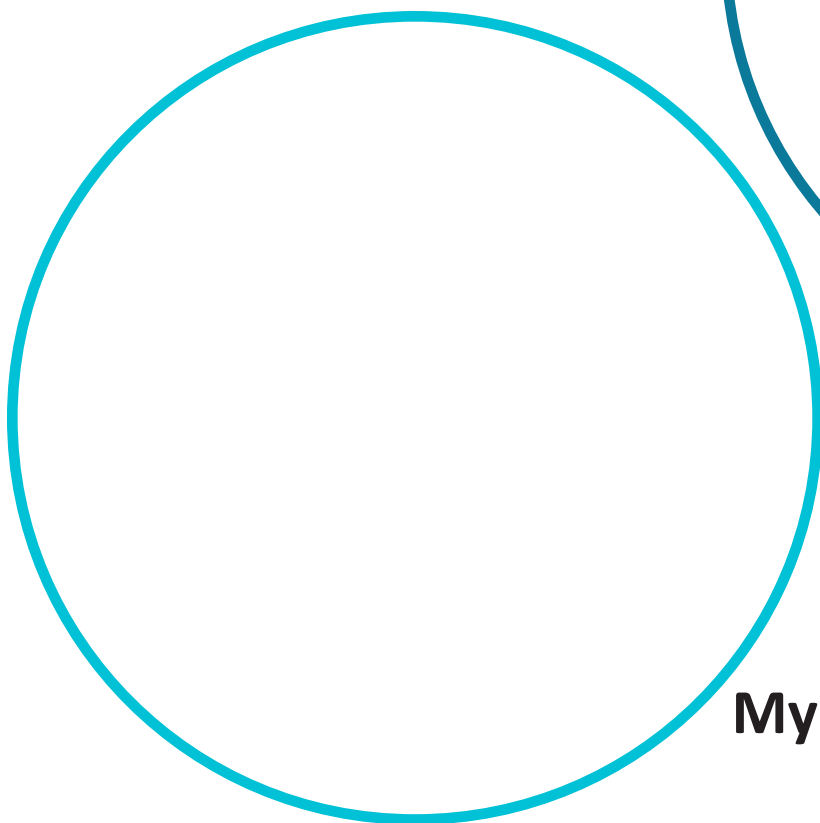
Can you draw pictures of your favorite activities during this time, so you can tell your radiation therapist all about it?



My favorite activities.



My favorite foods.

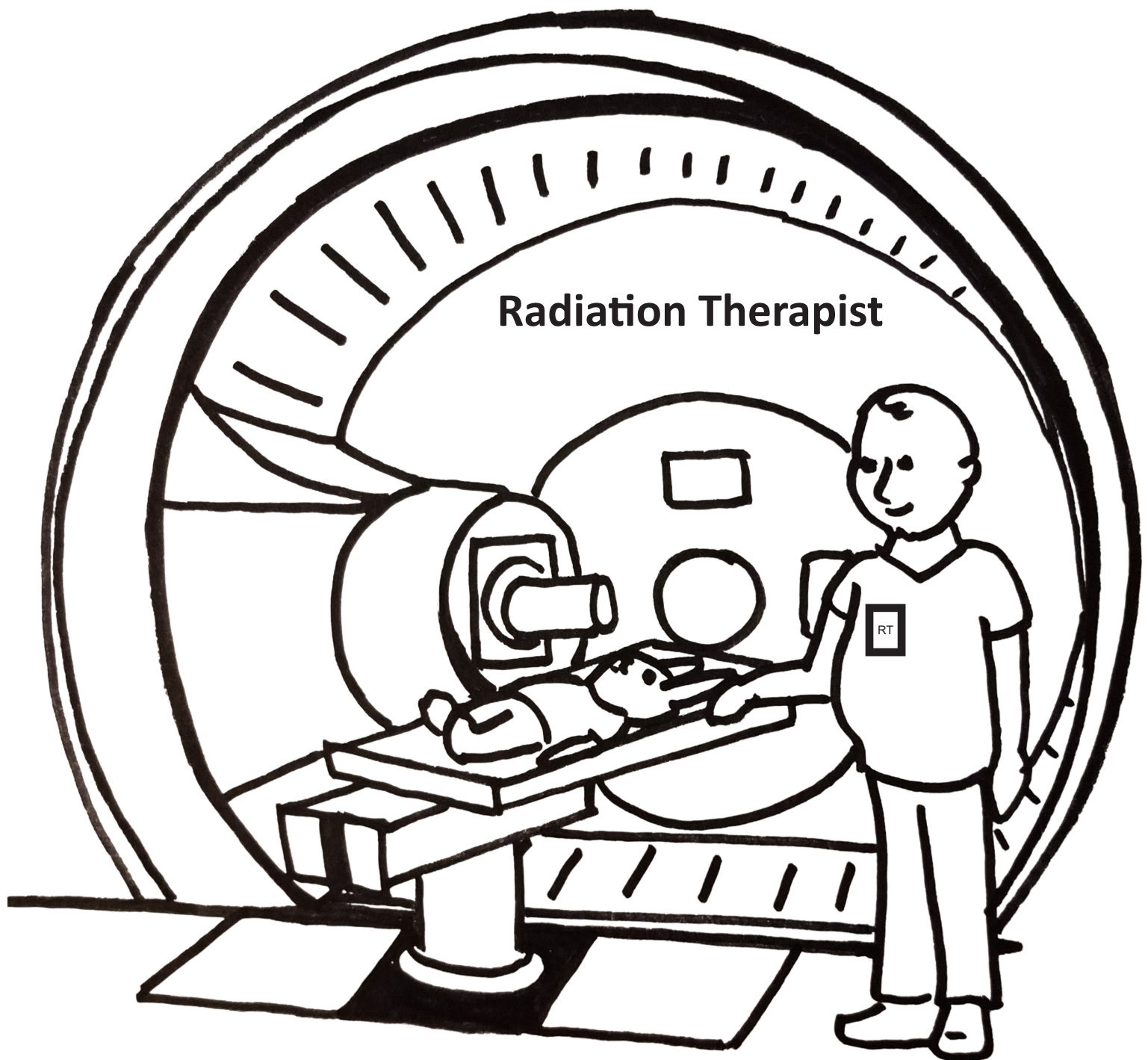


My favorite people.

This is where you receive the proton treatment.

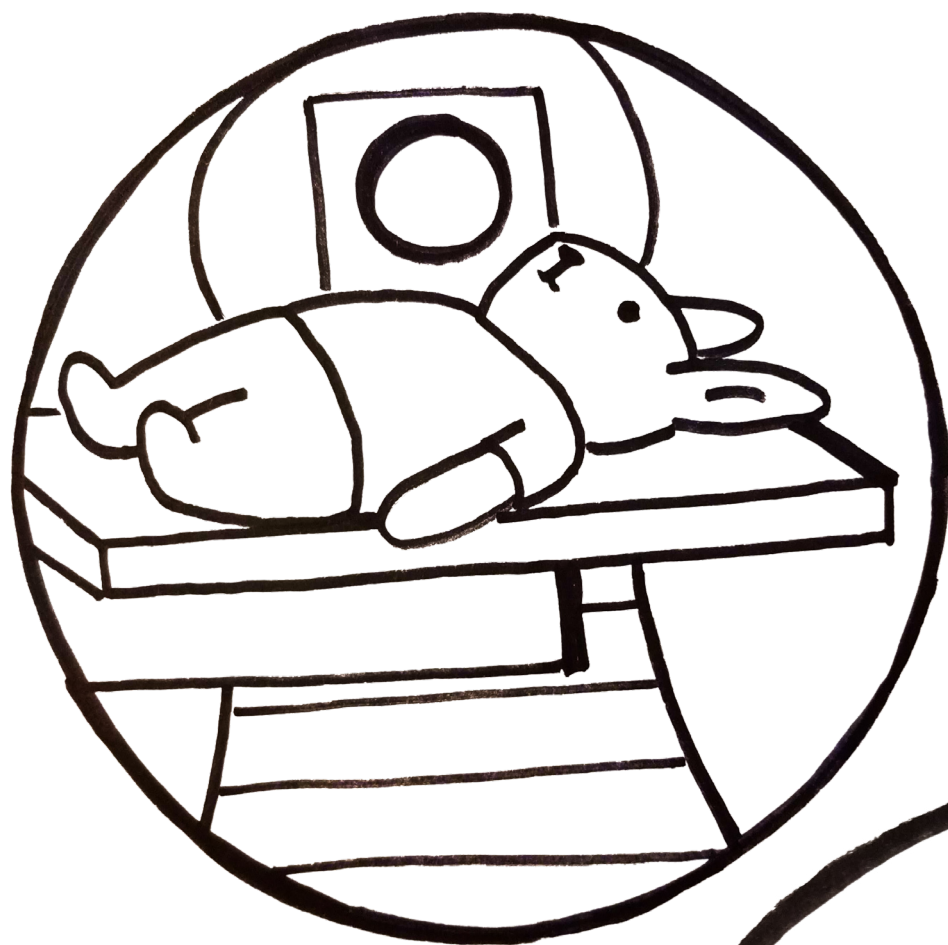
These powerful protons help zap all the cells in your body that are making you sick. You might be asleep during your treatment. If not, the sounds you might hear are the machine moving around, beeping and a doorbell.

One of our treatment rooms, pictured below, is called the Gantry. In this room, the table you lie on can move, and the machine will move around you.



After you're in position, the therapists leave the room for a short while, but they can see and hear you the whole time.

Your loved ones will be waiting in the lobby, but you are in good hands the whole time.



You are in the gantry.

Your therapist is in the room next door.



Once a week, you will see your doctor and nurse to make sure everything is going well.

We call this appointment your OTV. That stands for On Treatment Visit.



Now it's time to say goodbye to your care team. You will get a coin with your very own number on it.

The coin tells you that you are finished with proton therapy!

