

Petite Prep Guide: I.V.

Helping you prepare and support your child.

WHAT TO SAY:

explain

What is an I.V.?

You can say: “An IV is super small, bendy straw that is used to give a kid’s body medicine, drinks of water, or check the blood. That way, the doctors know how to help a kid’s body feel better.”

prepare

What are the steps?

You can say:

- We will sit together when you get your IV.
- The first thing that the nurses will do is take a big rubber band and it will give your arm a tight squeeze.
- Then, they will touch with their fingers and look with their eyes to find the best spot for your IV.
- Once they find the best spot for your straw, they will do some cleaning with a sponge or small cloth
- It might feel wet and cold
- Because it is such a soft straw, it needs a helper to get into the right spot. The helper is the part that a lot of kids say feels like a pinch or a poke. But, once we get the straw in the right spot, the poke part comes out and it goes in the trash can.
- Your job will be to hold your body still, and take some slow, deep breaths.
- We can make a plan for what will be helpful while they are doing the IV.

coping plan

Together, make a plan for what helps your child feel calm and in control.

- When it is time for the poke part, do you want someone to count to “3”?

coping plan continued

- Do you want to watch the nurses do your IV, or do you want to look away?
- Do you want to hold someone’s hand with your other arm? Or, do you want to play with a toy/iPad/color?
- What do you want as a reminder to take big breaths? Like blowing out birthday candles.

WHAT TO DO:

play & practice

- Play through the steps with a doll to help them understand in a familiar way.

positioning

- Sitting up feels less vulnerable - check if ok to have child sitting fully or propped up on bed
- Sitting in close proximity to parent/caregiver
 - sitting on lap, hugging, or sitting next to
 - If parent cannot be next to the child, then having the parent be holding child’s hand and the main person the child can see

WHAT TO ASK (the medical team):

Pain

- Are there any pain supports like Freezy Spray, topical lidocaine, etc??

Emotional Support

- If your child is highly anxious about the experience you can ask if there are medication options to support relaxation?
- Is there a child life specialist to provide preparation, support, or coping tips?