

Petite Prep Guide: Lab Draw

Helping you prepare and support your child.

WHAT TO SAY:

explain

What is a LAB DRAW?

You can say: “The doctors want to check how your body is doing, and they can do that by checking some of your blood.”

prepare

What are the steps?

You can say:

- “We can sit together when it is time for your poke.”
- “The nurse will first look at the inside bend of your arm. They will touch gently with their fingers, and look with their eyes for the right place to go.”
- “The nurse will use a big rubber band to give your arm a squeeze to help them see where it is best to go.”
- “Once they find the best spot, they will do some cleaning with a sponge or very small cloth.”
 - “It might feel wet and cold.”
- “When it is time for the poke your job will be to hold your body still, take some slow, deep breaths, and focus on the distraction we choose.”
- “You will know they are all done when the nurse puts a bandaid, or cotton ball with tape, on your arm.”

coping plan

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

- “Do you want to watch the poke, or do you want to watch/read/look at something else?”
- “Do you want to sit in your parent’s lap with your parent giving you a hug, or sit next to them?”
- “Do you have a comfort item you want to bring with you?”

WHAT TO DO:

play

- Play through the steps with a doll to help them understand in a familiar way.
- Practice playing the statue game (holding as still as a statue) and imagining blowing out birthday candles to practice slow, deep breaths.

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 parent’s lap giving a hug chest-to-chest, or facing out back-to-chest hugging
 - or sitting next to the child giving a side hug

WHAT TO ASK (the medical team):

Pain

- Checking to see if the medical setting offers any pharmacologic supports for pain, or external supports such as: buzzy bee, shot blocker, numbing spray, ice, etc.