

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.

WHAT TO DO:

play & practice

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

coping plan

Together, you can make a plan for what helps your child feel calm and in control. Here are some ideas that other kids have shared:

- When it is time for the poke do you want something to count to “3”? Do you want to watch or 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.

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 YOUR 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?