

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.”

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.

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 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 YOUR 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.