



WHAT TO SAY:

explain

What is an IV?

An IV is a small, bendy straw that can be used to give a kid's body medicine, a drink of water, or check their blood so the doctors know how to help them feel better.

prepare

What are the steps?

You can say:

- We will sit together when you get your IV.
- The nurse will put a blue rubber band on your arm to give it a squeeze. The rubber band helps the nurse see the veins in your arm.
- Then, they will use their eyes and fingers to make sure they find the best vein for your IV.
- Once they find the best spot for your IV straw, they will clean the spot with a sponge or small, wet cloth.
- Next, comes the poke to get the bendy straw inside the vein. Other kids say this feels like a pinch or a poke.
- Let's think about a plan for helping you with the IV.

WHAT TO ASK YOUR TEAM:

advocate

Pain

- Are there any support options to decrease pain - Freezy spray, topical lidocaine, etc??

Emotional Support

- If your child is highly anxious about the experience, are there are medication options to support relaxation?
- Can you set up a consult with a child life specialist to provide preparation, support, or coping tips?

WHAT TO DO:

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:

Choices for coping you can offer

- When it is time for the poke do you want someone 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 or stay focused on your distraction?

Plan for Position

- Sitting up feels less vulnerable - check if your child can sit up, be propped up on bed
- Sit in close proximity to parent/caregiver
 - sitting on lap, hugging, or sitting next to
- If you can't be next to the child, you can hold your child's hand and or be the main person the child can see

play & practice

- Play through the steps with a doll/action figure/stuffed animal to help them learn what to expect.
- Practice blowing out a deep breath, or making a game out of it (taking a lions breath, pretending to blow out a candle)