

Petite Prep Guide: Blood Draw

Helping you prepare and support your child.

WHAT TO SAY:

explain

What is a LAB DRAW?

The doctors want to check how your body is doing, and they can do that by checking some of your blood. Did you know that your body will make new blood and the nurse only takes a small amount so it is safe for your body.

prepare

What are the steps?

You can say:

- We will sit together when they do this.
- The nurse will put a blue rubber band on your arm to give it a squeeze. The rubber band helps your veins get bigger so the nurse can see them. Veins are where your blood is.
- Then, they will use their eyes and fingers to make sure they find the best vein for your poke.
- Once they find the best spot for the poke, they will clean the spot with a sponge or small, wet cloth.
- Next, comes the poke to get the blood out of your body. Some kids say this feels like a pinch.
- You will know you are all done when they put a bandaid, or a cotton ball with tape, on your arm.
- Let's think about a plan for helping you with the poke.

WHAT TO DO:

play

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

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 your child can sit up, be propped up on bed
- Sit in close proximity to parent/caregiver
 - Sit 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

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 any medication options to support relaxation?
- Can you set up a consult with a child life specialist to provide preparation, support, or coping tips?