

Blood Test

Preparation book



Hôpital de Montréal
pour enfants
Centre universitaire
de santé McGill



Montreal Children's
Hospital
McGill University
Health Centre

About This book

This preparation book contains a series of photos showing the blood test experience step-by-step to help prepare you and your child for the blood test.

This book contains information about blood test sensory expectations, sequence of events, clearing common misconceptions and will offer your child coping strategies to help them successfully complete the blood test.

Disclaimer

Important note: Please read

The information provided in this document is for educational purposes only. It is not intended to replace the advice or instructions of a professional healthcare practitioner or to substitute medical care. Please contact a qualified health care practitioner if you have any questions concerning your child's care.

What Is a Blood Test?

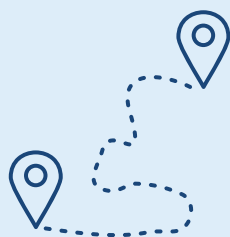
A blood test helps your doctor learn more about your body.

This will help them check how your body is working and make sure you are staying healthy.



Where Does the Adventure Begin?

When you arrive, you will go to the Pediatric Test Centre on the 2nd floor of the Montreal Children's Hospital.



Take a Seat in the Waiting Room



Next, you will take a number at the entrance, and once it is called, you will register at the front desk.

Now, you will wait in the waiting room until it is your turn to do the blood test.



Your Visit to the Procedure Room



When it is your turn,
a nurse will call you into
one of the rooms.

You can decide if you want to
do your blood test sitting
up on the chair, or
sitting/laying on the bed.



Different Steps of a Blood Test

First, the nurse will put a blue elastic around your arm.
This is called a tourniquet.

It will give your arm a little squeeze and
helps the nurse see your veins better.



Different Steps of a Blood Test

The nurse will gently touch your arm to find a vein.



Different Steps of a Blood Test

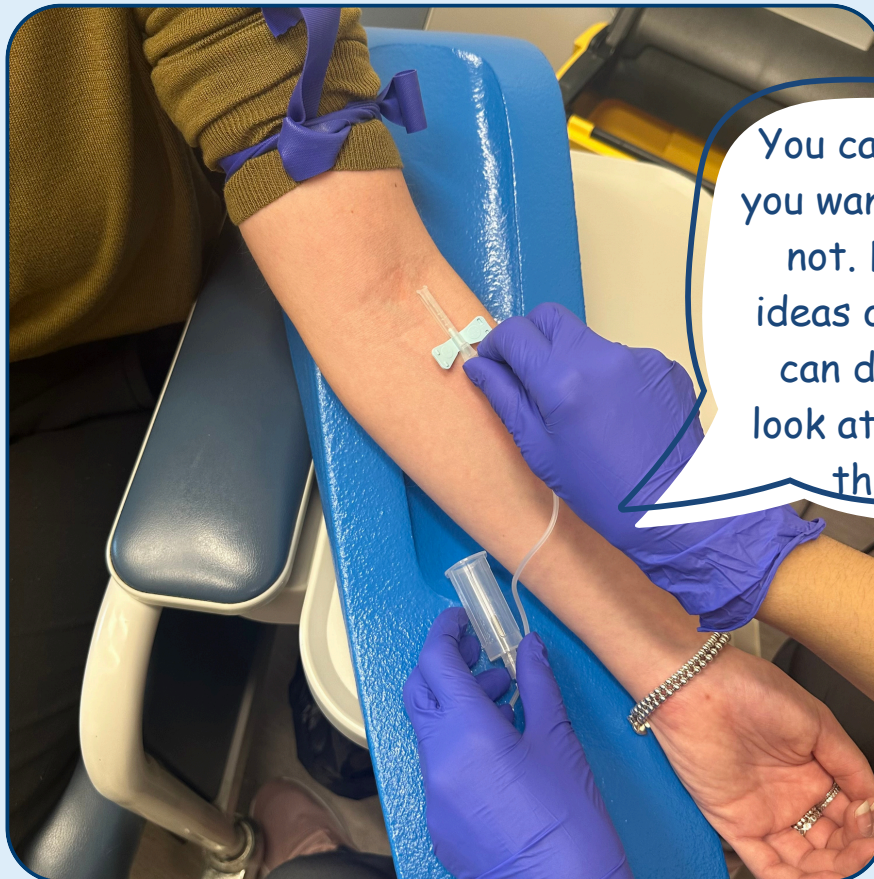
Then, the nurse will wipe your skin with an alcohol swab, to make sure it is very clean.



Different Steps of a Blood Test

Next, there will be a quick poke to get blood from your vein.

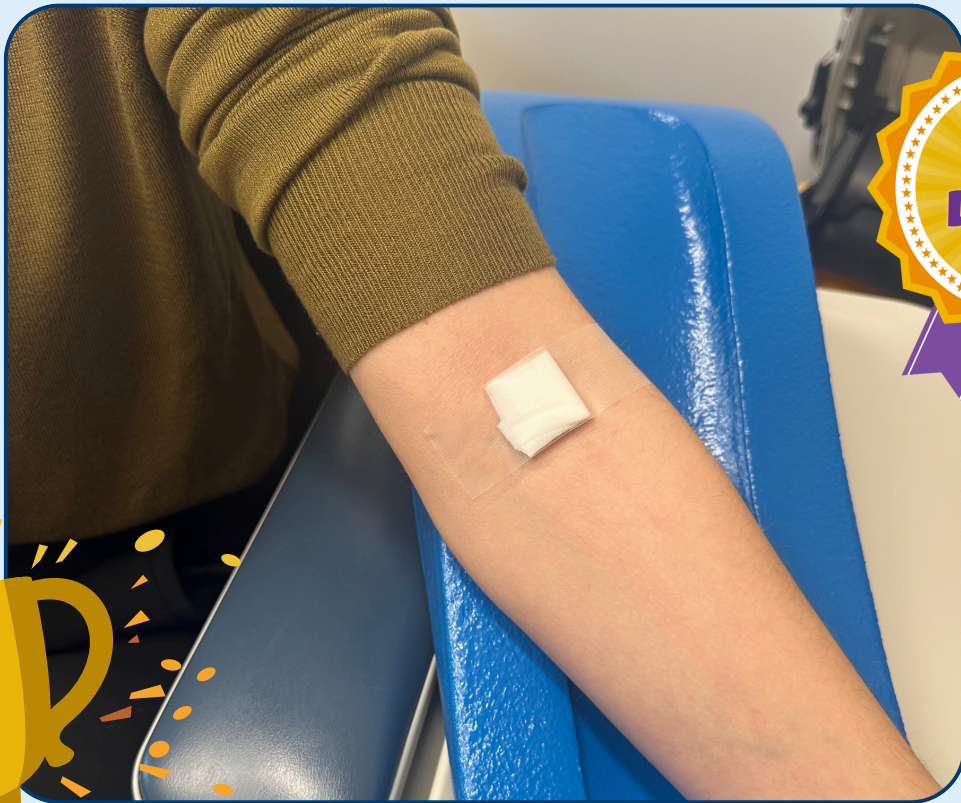
You can ask the nurse to count to 3 before the poke.
Some children and youth say the poke feels like a pinch.



You can decide if you want to look or not. For other ideas of what you can do instead, look at the end of the book!

You Are All Done!

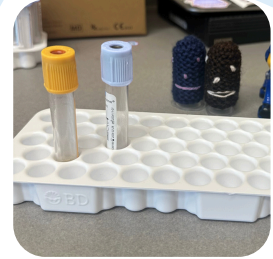
Finally, once the blood test is complete, the nurse will put a small bandaid on your arm. You are all done!



Blood Test Facts Sheet

Why do I need a blood test?

A blood test helps your doctor see how your body is working.



What does the nurse do with my blood?

It goes in a small tube called a vial.

Where does my blood go once the blood test is done?

The vial goes in a bigger tube, through a special tunnel that brings it straight to a place called a lab, where they will get the information the doctor needs from your blood.



What is my job during the blood test?

Your most important job is to stay as still as possible.

Coping Strategies

Coping strategies are ways we can help ourselves feel better when we're doing something that is hard. They can also help distract us, or change our focus onto something more positive.

Just like we need tools to build things or solve puzzles, we have tools inside us that we can use to handle tough situations and feelings.



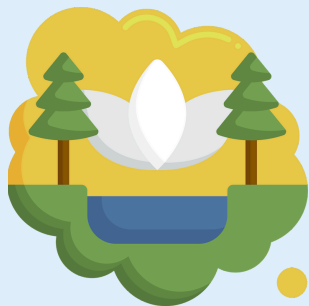
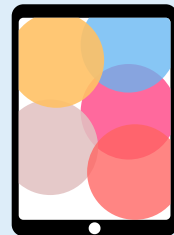
Coping Strategies Ideas

Take slow **deep breaths** - in & out - while remembering to keep your body very still!



Use a **fidget**, or another toy that helps you relax. You can also hug your favorite stuffed animal!

You can **watch something** on a phone or tablet, or **listen** to your favorite music!



Think about your favorite place to be.
Imagine you are at this place.
What do you see? Hear? Touch? Taste? Smell?