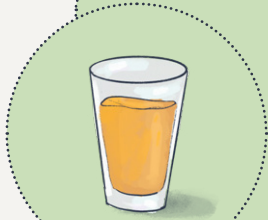


# What is a Blood Test?



## What is a blood test?

A blood test is when a nurse or doctor takes a sample of blood to be tested.



## Can I drink before my appointment?

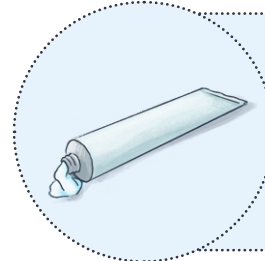
It is a good idea to have a drink before you come into the hospital.



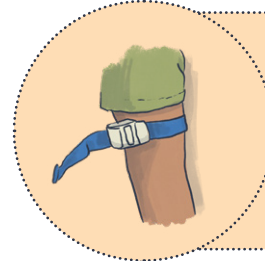
## What can I bring with me?

Bring something that you like. This could be an iPad or a game.

# Step by step



The nurse or doctor will put some **magic cream** on your skin which makes the needle not hurt so much.



They may put a **band around your arm** (tourniquet). This can make your veins easier to see.



They will put a needle into a vein and take a **small blood sample**. You may feel a sharp scratch.



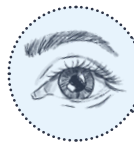
When your blood test is finished, you can **go home or back to the ward**.

# Coping with your worries

Don't worry if you feel scared or worried before your blood test – **it is quite normal.**



If you need help with your worries look around and try to find...



**4 things** you can see

**3 things** you can touch



**2 things** you can hear

**1 thing** you can smell



For further support and information about your procedure

Please scan this QR code and it will take you to the Paediatric Psychology website.



ABUHB Paediatric Psychology Service

**Contact:**

[ABB.PaediatricPsychology@wales.nhs.uk](mailto:ABB.PaediatricPsychology@wales.nhs.uk)