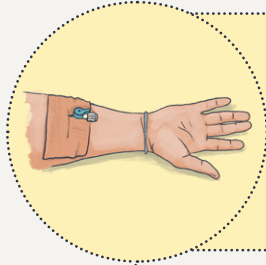


What is a Cannula?



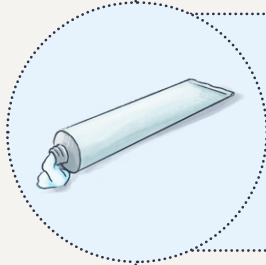
What is a Cannula?

It is a small straw with a little opening that is put into your skin using a needle.



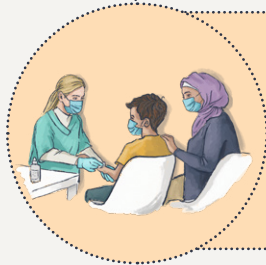
Why do I need it?

Cannulas help to make you feel better by giving you medicine.



Will it hurt?

The nurse or doctor will put some magic cream on your skin to make it hurt less.



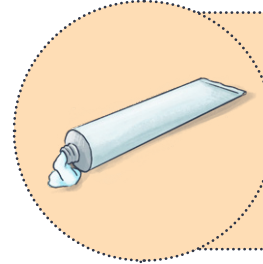
What happens after?

The nurse or doctor will take the cannula out.

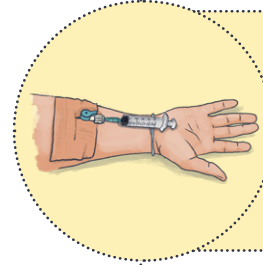
Step by step



You can have your **parent/carer** with you.



The nurse or doctor can put some **magic cream** on your skin first.



They will put the cannula in and give you your **medicine**.



When your cannula 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 cannula – **it is quite normal.**



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



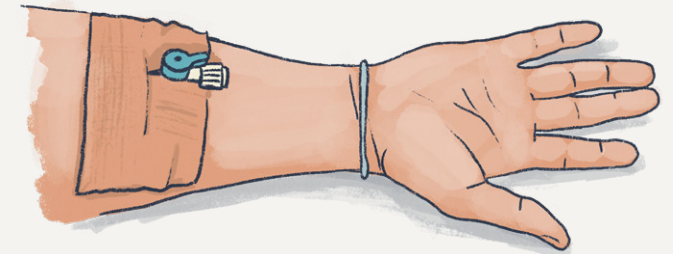
4 things you can see

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