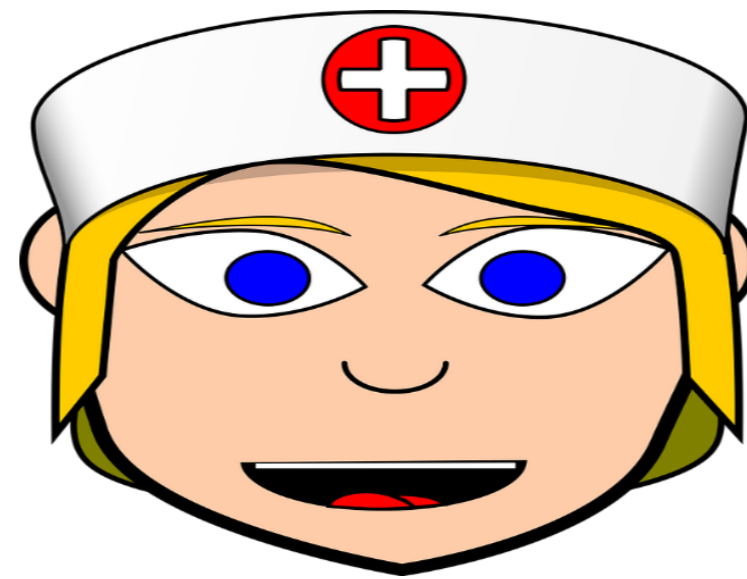


Having a blood test?



Blood tests can be scary, and that's ok. Your parents, an adult you trust or the nurses can help you with any questions you may have.



You have lots of blue lines (veins) in your body. We look at the veins in your hands and arms. The veins are like motorways and the blood cells are like lorries.



The lorries/blood cells transport all the things your body needs. The nurses need to check which motorway (vein) is the best one to use and with their hands or a stretchy bracelet called a tourniquet, which might be used. We then use a small needle to get some of the lorries/blood cells into our syringe.

The nurses then put the lorries/blood cells into a little container which is sent to the people in the laboratory for testing. You may need a small plaster (if you are not allergic to plasters)



WELL DONE, its all over. For being brave you will have a certificate or sticker