

Procedural Anxiety

Blood Tests

What is a Blood Test?

A blood test is when a nurse or doctor will take a small sample of your blood for testing.

Why do I have to have it?

You may need a blood test to get a diagnosis, make sure you don't have an illness, or to find out if treatment is working.

What can I bring with me?

It might be helpful to bring something that makes you feel calm: a phone/iPad, or some music.



Can I drink before my appointment?

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



This will help to make your veins easier to see.



Step by Step

You can choose which arm the blood is taken from, or if you want to sit on somebody's lap. The blood will usually be taken from your arm, on the inside of your elbow or hand.

- We can put some cream on your skin to make it numb before we take your blood. This can take some time to work.
- Or you could have some cold spray, this works quicker and will also make your skin numb.
- We may put a band around your arm (**tourniquet**) – this may be a bit tight. It is important because it makes it easier for the **vein** to be accessed.
- You may feel a sharp scratch, we will quickly put a needle attached to a syringe, into a vein and take a small blood sample.
- When we have enough blood, we will take out the needle.
- Pressure will be applied to the skin for a few moments using a gauze to help the vein heal. You can choose whether to have a plaster or not.



Dr Meicro is our special chatbot, who you can ask any questions you may have about your blood test!



Scan this QR code to discover Dr Meicro!





Coping with nervous feelings

It's normal to feel scared or nervous about needles.

Here are some ways to distract yourself:

- Read a book
- Play a game
- Listen to music
- Talk to someone
- Imagine being somewhere nice



If you are really worried you can ask for support from a **play specialist**. They will be able to help you manage your nervous feelings and they will support you through your blood test.

Here are some apps with helpful free content –



It can also be helpful to use strategies to help shift your attention outside of your body – you could try this exercise!

Try and name...



4 things you can see



3 things you can touch



2 things you can hear



1 good thing about you

After the Procedure

We will give your blood sample to our lab staff, who will have a look at it and tell your doctor what they find.

Only a **small amount** of blood is taken during the test so you shouldn't feel any significant after-effects.

However, some people feel dizzy during the test. If this has happened to you in the past, tell the nurse, who can help you feel more comfortable, but it is **nothing to worry about**.

After the test, you may have a small bruise where the needle went in. Bruises can be painful, so let your Mum and Dad know and they can give you some medicine.



ABUHB Paediatric Psychology Service

Contact:

ABB.PaediatricPsychology@wales.nhs.uk



For further support and information about your procedure

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

