

## Procedural Anxiety

# Cannula

### What is a cannula?

A cannula is a small straw with a little opening which nurses can put medicine into.

### Why do I need it?

Cannulas are used to deliver medicine, blood products and fluid directly into the vein/bloodstream.

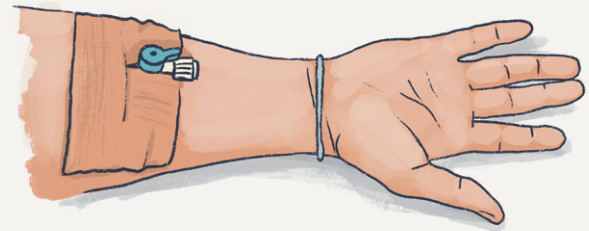
They are really helpful because they mean you don't need to have an injection every time you need some medicine or treatment.

### Will it hurt?

You may feel a sharp scratch when the cannula is inserted. We can give you magic cream to numb the area first. The magic cream will help to reduce the pain during the procedure.

### What happens to the cannula?

A needle helps the cannula go into a vein through the skin on your hand, foot, or arm. Once it is in the vein, the needle is removed leaving a thin plastic straw in the vein. A plaster is used to hold it in place.



### Can I feel it when it's in?

When the cannula is in you may notice that it is there.

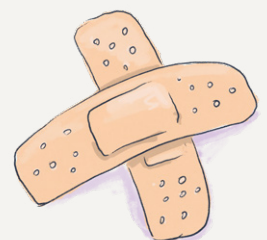
### What happens if it comes out?

If it comes out, it is important not to worry, but tell the nurse straight away.



### What happens after?

Once you have enough medicine, the nurse or doctor will take out the cannula and press down on your skin for a minute or so. They might put a plaster where the cannula was put in.





# Coping with nervous feelings

It is normal to feel scared or nervous before a cannula insertion.

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 cannula insertion.

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

## Step by Step

- It can be helpful to have your parent/carer with you whilst you have your cannula put in.
- The nurse or doctor can put some magic cream on your skin first and this will make it numb.
- After some time, the nurse or doctor will wipe off the cream and look for the best vein for the cannula.
- They will put a needle into the skin, then remove it, leaving behind a thin plastic straw.
- The nurse or doctor will then tape it in place.
- They may push the medicine into the cannula with a syringe.
- Sometimes the medicine needs to go through a pumping machine to make sure you get the right dose. The machines sometimes lets out funny beeps or noises.
- If you notice that the bandage gets wet, or your hand or arm is very painful tell your nurse straight away.



ABUHB Paediatric Psychology Service

Contact:

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For further support and information about your procedure

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

