

How can I prepare my child for a blood test?

Preparation is a powerful way to reduce fear and pain. You can prepare your child by :

- Please ensure that you and your child has had breakfast unless your doctor has advised you to fast your child for a specific test.
- ◆ Talking about the hospital as a cheerful place.
- ◆ Playing doctors and nurses in a fun way.
- ◆ Reading stories about hospital.
- ◆ Reassuring your child as much as possible and explaining that he/she will go home after the blood test.
- ◆ Bringing a favourite toy, blanket, soother or bottle (if used) to aid distraction and to give comfort.
- ◆ Telling the truth. Explain that the blood test may hurt a little but only for a few minutes.
- ◆ It is advised to bring a sugary drink with you in the event of your child feeling faint following the blood test.

Blood Results.

The blood test results are posted to your family doctor, most routine blood results are available within 5 working days. Urgent blood results are followed up by your family doctor who will then contact you about your child's blood results.

We would like to hear your feedback

Did you find this leaflet helpful?

How can we improve?

Return to: Eoin Power OPD AMNCH

Developed by the nursing staff of the Children's OPD, phlebotomy dept. and Photography and Illustration Dept

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Patient Information Leaflet



Children's Phlebotomy/ Blood test Room



Statement of Values

Respect - Caring - Openness -

Partnership - Teamwork

Fairness & Equality

THE ADELAIDE & MEATH HOSPITAL,
DUBLIN
INCORPORATING THE NATIONAL CHILDRENS
HOSPITAL

Opening Times

The Children's Phlebotomy room is located in the Children's Out-Patient Department on the ground floor of the hospital. Enter via the main hospital door and get directions at the main reception.

The Phlebotomy room or blood test room is open from

08.00-12.15 and 13.30-16.45

On Monday-Thursday

and 08.00-12.15 on Friday.

These times may vary slightly on the day due to patient/clinic demands.

In the Children's Out-Patients show your blood test form to the receptionist who will direct you from there.

Blood forms

Please ensure that you bring all blood forms for your child with you to the hospital.

Some tests need to be booked in advance, your doctor will arrange this for your child and give you the relevant information. These tests may also require several blood samples to be taken over a period of time depending on the nature of the test.

Will it hurt?

Needles can hurt but there are things we can do to help. Before a needle (cannula/butterfly) is inserted a local anaesthetic "magic" spray or "magic" cream is applied to numb the area over the vein.

The spray works within seconds. The cream takes about 30 minutes to work. In the phlebotomy room we generally use the spray. This will numb the area so the child feels less pain (and more of a small pinch) when the needle is inserted. Your child may cry even after this as they can be anxious and frightened of unfamiliar surroundings.

A tourniquet is a tight band placed above the area where the blood sample is to be taken. It allows the blood sample to be taken more easily. Placing the tourniquet on a child can often upset him/her as it must be tight to work properly.



Inserting Cannula or Butterfly

A cannula is a small needle that is placed inside your child's vein. The needle part is then removed and the plastic tube left in place to allow blood to be withdrawn. Cannulas can be left in place for hours should your child require several blood tests. Butterflies are specially designed cannulas for taking blood but generally are removed once the blood has been withdrawn.

The nurse is skilled and experienced at placing cannulas.

However sometimes it can be difficult to get a cannula into a vein in a child and so it may take more than one attempt. The magic spray or cream and tourniquet will help to make this easier.



Some blood tests require the cannula to be left in place for several hours so regular blood samples can be taken, however **all cannulas are removed before you go home.**