

I Am Going to Get a Blood test



1. I may have to take a blood test. A blood test helps doctors learn about what is going on inside my body. I may take a blood test at a doctor's office or at the hospital.



2. The nurse will ask me to sit down in a chair that looks like this. I might ask my mom or dad to sit in the chair and I will sit on their lap. Or I might just sit in the chair and ask to hold my mom or dad's hand.



3. The nurse will bring out gloves, gauze, collection tubes that collect the blood and the needle that helps the blood go into the tubes.



4. There are all types of collection tubes in all different colors. These tubes are just small containers that hold the blood. The nurse may only need to use one collection tube. Sometimes she will use many collection tubes.



5. The nurse will wrap a band around my arm. This might feel different but it does not hurt me.



6. The nurse will hold my arm and tap the inside of my elbow. She wants to find the best spot to do the blood test.



7. The nurse will put alcohol on the gauze and wipe it on the inside of my elbow. The alcohol may smell funny. The gauze is cold on my arm. This might feel different but it does not hurt me.



8. The nurse will take the needle and insert it into my arm. It is very important that I do not move my arm. I need to keep my arm still so the nurse can put the needle into my arm without hurting me. My mom or a helper might help hold my arm down. The nurse will press down on my arm and I will feel a pinch.

I can watch the nurse or choose to look at my mom, dad or something else in the room.



9. The blood goes from my arm into the needle. Then the blood goes from the needle and down through a thin tubing. Then the blood goes from the tubing into the collection tube.



10. The nurse takes only enough blood to fill the collection tube. It is very important that I keep my arm still while the nurse is holding my arm. I stay calm by talking to the nurse, my mom or my dad.



11. The nurse may need to fill more than one collection tube. She removes the full tube and attaches an empty collection tube. I may choose to watch what the nurse is doing or I may turn my head and look at something else. I will still keep my arm still.

I Am Going to Get a Blood Test



12. The nurse is finished filling the collection tubes. She will place a cotton swab over the needle in my arm. She will gently remove the needle from my arm. She will gently hold the cotton swab on my arm.



13. The nurse will put a band-aid over the cotton swab. I am all done! My mom or dad will tell me when I can take off my band-aid.



Everyone is proud of you. You did a great job!

Tips for Parents: Do some pretend play days before you go for the blood test. Purchase a child's toy doctor kit and pretend to give your child a blood test. Use yarn or another material to tie a bow around your child's arm. Use a wet cotton swab to get your child used to the cold rubbing alcohol the nurse will use on their arm. Have your child practice giving you a blood test.

To help with the pain of the needle, go to your pharmacy and ask for Ela-Max. This is an over the counter, topical anesthetic cream that will numb the area. Apply one and a half hour prior to the blood test. Please consider driving and waiting time when applying.

Need another copy? Request one at autismcc@yahoo.com