

6-10 year-olds Hospital guide.

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Having a blood test

When you come into hospital the doctor or nurse may tell you that you need to have a blood test. This means that they need to take a little bit of your blood to be sent to the laboratory for tests.

What happens before the blood test?

You may need to have some cream put on to the skin on the back of your hand/arms to make the area feel numb for a short time, and a soft plaster put on top so that it does not squirt out or rub off. The cream is left on for about one hour. Whilst you are waiting for the cream to work you can play in the play or waiting area.



What if I don't have time to wait?

If you do not have time to wait for the cream to work, we can use some cold spray to help stop you feeling the blood test too much. The spray works by making your hand/arm cold; it feels a bit like playing in the snow.

Where will I have my blood test?

When it is time for your blood test, you and your mum or dad will be taken into the treatment room and made comfy by sitting on a chair or on a bed. The doctor and nurse will ask you where you prefer to sit. If you are not too big you can sit on your mum or dad's lap.

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What happens in the treatment room?

In the treatment room, the soft plaster is taken off and the cream is wiped away. The area of your skin that the cream has touched will feel numb, so you will not be able to feel it too much.

The nurse will hold your arm and gently squeeze it whilst you are having your blood test taken. Sometimes your arm is placed on a pillow so that it is more comfortable for you.



Can I look away whilst I'm having the blood test?

The test can be done out of sight if you would prefer not to look. Having something to do during the blood test can help to take your mind off it. You could read a book, look at a magazine or play on an Ipad/Tablet.



Will the blood test hurt?

You may feel a little scratch as the doctor or nurse takes the blood test. It should not feel too sore if you have had the cream or the spray.

It is important to remain very still so that they can take the blood quickly and then finish the test.

What happens after the test?

After the test, the nurse will press on your arm or hand to stop you getting a bruise. You can help do this if you would like to. Finally the blood test area is covered with a plaster.



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