

# Getting Ready for a Blood Draw Book

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Written by your Child Life Specialist Team



Dear Caregivers,

This book was written with patients of all ages in mind. We care for children from the first day of their lives, into their teenage years, and for a variety of reasons. Therefore, some of this may not directly apply to you and your family.

Children as early as 2 ½ or 3 can understand simple phrases such as “helping your ears feel better”, and we encourage honest, clear communication with your child. This gives them the opportunity to ask questions, discuss their feelings and have a general understanding of what will happen to their body. It can be challenging as a caregiver to express this information without feeling like you’re overwhelming your child. The goal of this book is to support you in doing just that.

You know your child best, and we encourage you to use what you feel will be most helpful to your child. If you have more questions about preparing yourself or your child for their blood draw, please call our Child Life Specialists, listed by location below:

**Downtown**

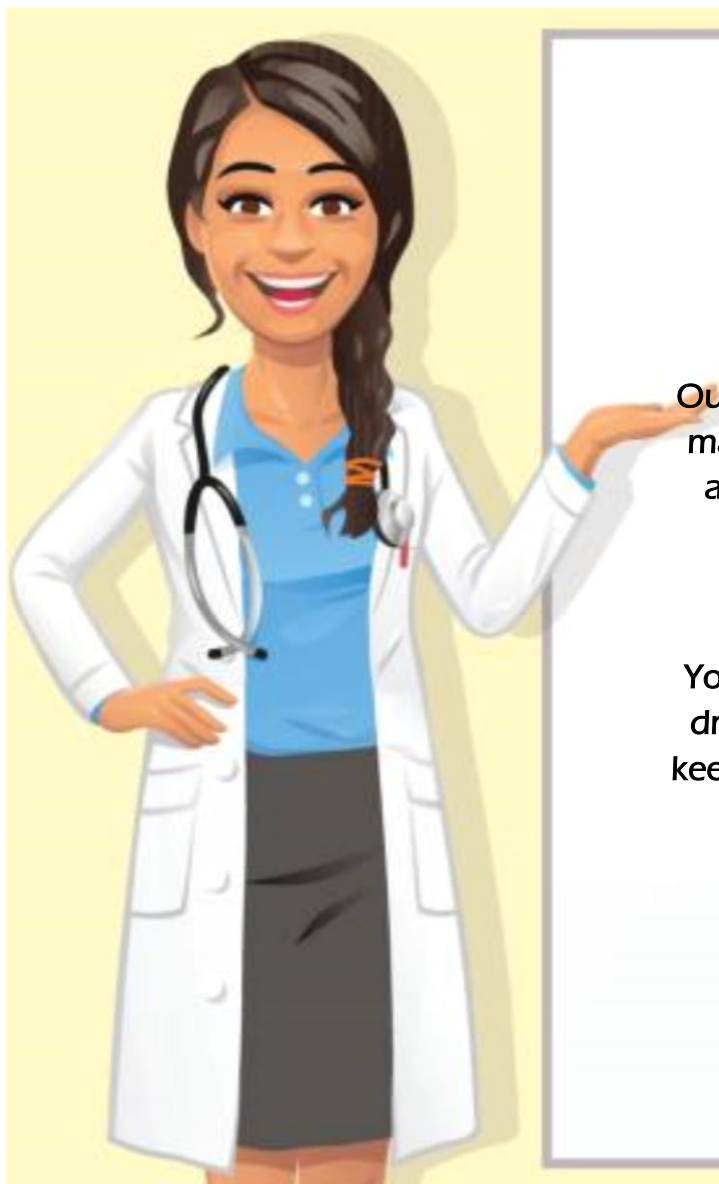
225 E. Chicago Ave., Chicago, IL, 60611  
Becca Mitsos: 312-227-3273  
Brooke Baffa: 312-227-8189

**Westchester**

Ann & Robert H. Lurie Children’s Hospital of Chicago  
Outpatient Center  
2301 Enterprise Drive, Westchester, IL 60154  
Lori Esch: 312-227-7925

**Northbrook**

Ann & Robert H. Lurie Children’s Hospital of Chicago  
Outpatient Center  
1131 Techny Road, Northbrook, IL 60062  
Geanine Hunt: 312-227-2731



Hello!

You will be having a Blood Draw soon.

Our bodies have LOTS of blood, and are always making more. A blood draw takes a very small amount of blood from your body to tell us if you're healthy.

You might have a lot of questions about blood draws (or might be feeling a little nervous), so keep reading to learn what your day will be like!

# Nervous is Normal



It is normal to feel nervous, scared or anxious before you come in for a blood draw.

Anyone, even people that work in hospitals every single day, may feel a little nervous if it was their blood draw!

The people taking care of you are very good at their jobs and are very good at taking care of kids like you. You can ask anyone any question at any time!

There are 3 different buildings where kids can have a blood draw!

**Downtown**



**Westchester**



These buildings are in places all over Illinois!

Where are you going to have your blood draw?

**Northbrook**





# Day of Your Blood Draw

If you are coming to the main hospital, you will first arrive in our lobby that looks like this:



You will then go to the 3rd floor and check in at this desk. They may ask your parent for your name, birthday or other important information.



After checking in, you will wait in our waiting room until you hear your name called. There may be some activities you can do or you can bring your own items from home like a book, tablet or toy. Sometimes this space may be loud with the other kids also waiting for their blood draws. You can always bring headphones or wait in the smaller quiet space provided.



# Your Blood Draw Team

## Phlebotomist

The Phlebotomist is responsible for completing the blood draw with you. They do blood draws all day long, so they have lots of practice! You can ask them any questions you might have.



## Child Life Specialists

Child Life Specialists help make being in the hospital easier by teaching you about what happens when you come visit. They teach you in a way that is not scary and will make sense to you. They answer your questions and figure out ways help you feel less nervous before your procedure.



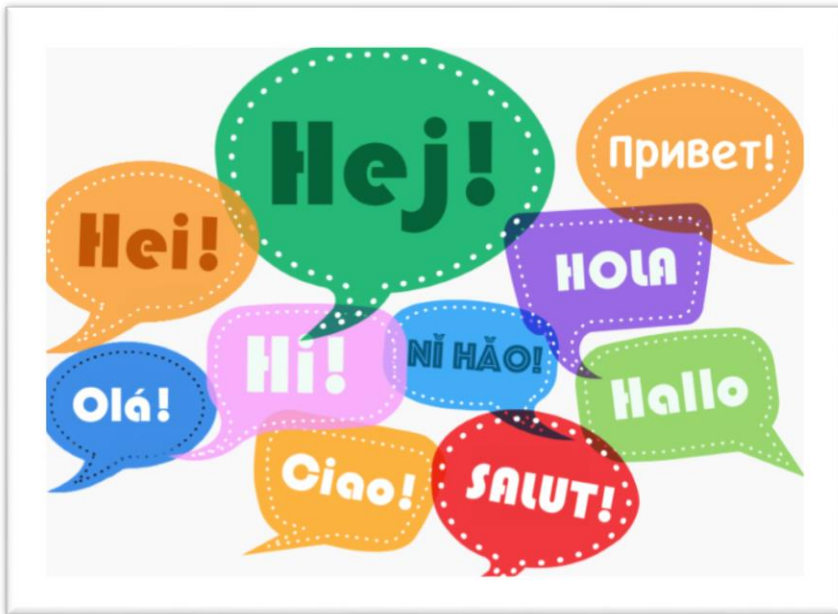


# We Speak Your Language!

Many families who come to Lurie Children's speak languages besides English. We have ways to talk to you and help you talk to us in the language you use at home or that is most comfortable for you and your family.

We have helpers called *Interpreters* that speak the language you speak at home. Sometimes they are people who come into your room and other times we call them through a computer or a phone. They help make sure everyone who speaks a language besides English feels comfortable and understood when they are at the hospital.

This can be available to you and your family even if you speak and understand English. You or someone from your family can ask your nurse to call the Interpreter at any time.



**Caregiver Note:** It is part of the Patient and Family Bill of Rights for us to talk to you, AND for you to talk to us in the language you speak at home and are most comfortable with.

Please let your doctor's office and the IR staff know if you need an Interpreter.

## When It's Time for Your Blood Draw

When you hear your name called by your phlebotomist, you will go back into a room that looks like this. Here is where you will do your blood draw. You can pick if you want to sit in the chair or lay on the bed. Your caregiver is able to sit with you either way to hold your hand or put their arm around you.



# What to Expect During Your Blood Draw

There are 5 steps you will experience during a blood draw. Your phlebotomist can tell you as each step is happening, or you can decide to focus on something else and ask them not to tell you. It's up to you!

Here are the 5 steps:

4. **Tie a blue rubber band around your arm.** This is so the phlebotomist can see your veins (those blue lines you can see through your skin) better. Your veins are where we can get the small amount of blood. Do you see any blue lines on your arm?
5. **Clean your skin.** We want to make sure that everything is super clean to keep you and your body safe. This may feel a little cold and wet.
6. **Use the cold spray to numb your skin.** If you want, we can use a special cold spray that helps you to not feel the blood draw. You can decide whether or not you want to use it.
7. **Do the blood draw.** After the cold spray, the phlebotomist will place a very tiny needle into your vein and collect the blood in these tubes. You may feel some pressure of a small pinch.
8. **Take out the needle.** When the blood draw is all done, the phlebotomist will gently take out the needle and put a cotton ball and band-aid on your arm.



You and your family can ask any of your helpers any questions you have.

Here is some space for you to write down your questions so you don't forget!

1.

2.

3.

4.

5.



**Caregiver Note:** We know that kids can sometimes surprise you with the questions they ask.

We encourage honest, truthful communication, but we don't expect you to have all the answers. We support you answering, "I don't know", and letting your child know you will learn together from their doctor or nurse.

You can help model a trusting relationship with medical staff by writing down questions to ask at the hospital.

# You are a Superstar!

At the end of your blood draw, you will feel proud of yourself for being so brave!

We already know how amazing you are, and we are ready to take amazing care of you and your family.

Check out the next two pages of this book to fill out your Blood Draw Plan and to fill out The Feelings Chart!

We'll see you real soon!





It can be helpful to think about what will help you feel relaxed on your procedure day before the day arrives. You can fill out the “My Blood Draw Day Plan” with your family’s help so that you are ready to go when you come in!

## My Blood Draw Day Plan

Plan for your blood draw day visit and share it with your Blood Draw Team!

On my blood draw day, I will bring:

- My Favorite Book:

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- My Favorite Toy:

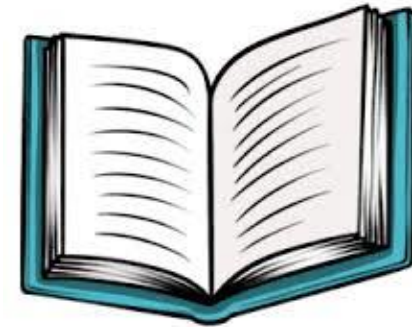
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- Something else:

\_\_\_\_\_

While we wait for my procedure, I will:

- Read a book
- Do an activity
- Draw or color
- Talk to each other
- Use of phone or tablet



During my blood draw day, I would like to:

- Listen to music
- Watch a favorite video
- See how high I can count
- Tell my phlebotomist a joke
- Think of my favorite place
- Hear a silly story



What might be helpful if I am feeling nervous:

- Deep breaths
- Pick a number to count down from after the Cold Spray
- Squeeze a stress ball or Play-Doh
- Choose to watch, close my eyes or look away at something else
- Sit with my caregiver, or on their lap



# My Blood Draw Day Feelings

It can be really helpful to talk about the feelings you have about your blood draw day. Your Blood Draw Team wants to make sure your body is healthy, but healthy feelings are very important, too! Fill out the list below with feeling words and share this with us.

## Before we go to the hospital, I will feel:

Nervous	Excited	Happy	Confused	Glad	Scared		
	Hungry	Curious	Brave	Worried	Silly	Shy	Mad
Tired	Proud	Thirsty	Surprised	Good	Quiet	Anxious	

*Other feeling names:*

## When we are at the hospital, I will feel:

Nervous	Excited	Happy	Confused	Glad	Scared		
	Hungry	Curious	Brave	Worried	Silly	Shy	Mad
Tired	Proud	Thirsty	Surprised	Good	Quiet	Anxious	

*Other feeling names:*

## After my blood draw is all done, I will feel:

Nervous	Excited	Happy	Confused	Glad	Scared		
	Hungry	Curious	Brave	Worried	Silly	Shy	Mad
Tired	Proud	Thirsty	Surprised	Good	Quiet	Anxious	

*Other feeling names:*

All,  
for  
your  
one.®

