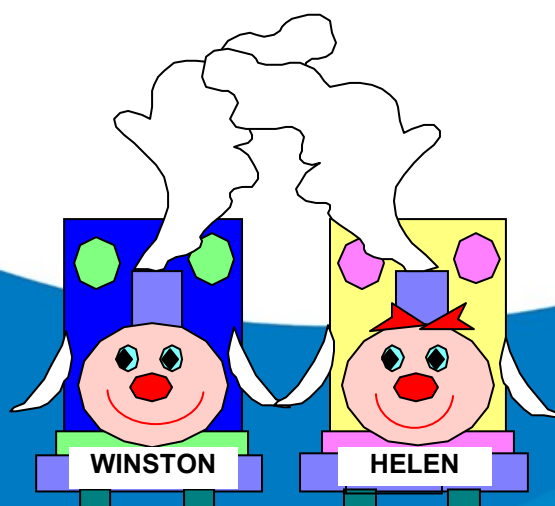


Having a blood test

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



Nature of the procedure

If your hospital doctor or your GP has requested a blood test from your child you will need to bring your child to the Paediatric Day Unit on Ward 4F, Whiston Hospital. All children's blood tests are carried out in a special room in this unit. We have experienced staff to look after your child and a special room with lots of fun things to see and play with.

There is also a clinic in Lowe House on certain days of the week, you will be informed of where your blood test will happen when you make the appointment.

My child needs a blood test how do I arrange this?

Ring Children's Day Ward (4F) 0151-430-1702 to make an appointment. You must ring and make an appointment for the blood test as other activities take place on the unit.

My child has never had a blood test before, how can I help prepare them for the test?

One of the most basic things you can do is determine if your child wants to participate.

Some children want to watch; others would rather look away. If your child does not want to watch, have an alternate focus in mind, such as looking at an interesting book you have brought along. Within our special room we have a number of distraction items and toys available and our play specialist is often on hand to help distract your child through the blood test

If possible, talk to your child ahead of time to let them know what is going to happen. Be honest with them or if you are unsure, give us a call or talk to one of the nurses when you visit.

You can tell your child it will hurt a little bit, but it will be over very quickly and then the hurt goes away. We use a cold spray that can help numb the skin. Prior to the appointment, we can give parents Ametop or 'magic cream' if wanted. This is a local anaesthetic that take 30 minutes to work and has to be applied before the appointment.

Before you enter the special room, talk to your child about who they will see (some nurses in uniform, strange equipment but most importantly, lots of toys, mobiles etc.). Also explain what they are going to do so your child has realistic expectations.

It is okay to tell children that having a blood test is difficult, even for grownups, but avoid coaxing your child with statements such as "be a good boy now" as that may make your child feel ashamed: and never use any threats. If you are calm, your child will be calm. A good technique to help your child cope during their blood test is 'Count to 3 and blow the feeling away'. This is one of the most useful techniques because the slow exhale helps keep your child's veins full and loose. It helps your child both physically and mentally. Allowing your child to count to 3 or to choose someone to do the counting, gives your child more control.

Can I stay whilst my child has their blood test?

Parents are strongly encouraged to stay and help their child during their blood test. You can cuddle your child on your lap whilst they are having their blood test.

If you really cannot bear the sight of needles or would prefer not to stay try and ask someone they know well such as an auntie or grandparent to come with them and give them some support.

My child is afraid of needles. How will I get him/her to have a blood test?

This is a very common fear in both adults and children. Talking to our play specialist can help enormously to deal with both your child's fear and your own too. Explaining about the whole process using a special teddy can help.

Distracting your child can take their mind off the process, using dolls, bubble lamps or noisy toys - the noisier the toy, the more it seems to help. If your child has a favourite toy or DVD do bring it with you.

Remember, if you have a fear of needles, you do not have to stay with your child while it is happening. Staying with your child if you are scared of needles can sometimes influence how your child reacts. Distraction also works for adults too, so maybe try singing a song together with your child to take both your minds off the needle. Please remember we want the procedure to be non - threatening to the child so if the child requires further blood tests in the future they will not be worried about having them done.

Please note: The results of your child's blood test will be sent directly to the consultant who is looking after your child or to your GP. They will contact you if any action is required. Do not ring the Paediatric Day Unit for the results unless you have been specifically asked to. The results can also be discussed at your child's next out-patients review.

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard.

The secretaries are available Monday to Friday, 9.00 am to 5.00 pm

If you need to contact the department outside of these hours, please phone either:

Ward 3F 0151 430 1616

Ward 4F 0151 430 1791

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