



## Having a blood test

**When you come to the hospital the doctor or nurse may tell you that you need to have a blood test.**

You may have some cream put on to your hand, arm or foot which is covered with a soft plaster. The cream will help to stop you feeling the blood test too much.

The cream will take up to one hour to work. During this time you can play in the play room.



If there is not time for the cream to work, we can use some cold spray to help stop you feeling the blood test too much. This feels very cold, like playing in the snow.

When it is time for the blood test you and your mummy or daddy will be taken into the treatment room. The doctor and nurse will get you to sit with your mummy or daddy.

Here the cream will be taken off by removing the soft plasters and wiping the cream away.



# Hospital guide Under 6

The test can be done out of sight.

Sometimes your arm is placed on a pillow. Babies can be laid on a bed to help keep them still.



Having something to do during the test can help. The nurse will hold your arm/leg and gently squeeze.

Having the cream or spray will help it not to hurt too much but you may feel a little scratch when the doctor/nurse takes the blood test.

After the test we press on your arm to stop you getting a bruise. The scratch is covered with a plaster.



## Document history

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