

Getting a Blood Test



I have to get a blood test.
A blood test helps the doctor know that I am healthy.



I can get a blood test at the doctor's office or at the hospital.

First, the nurse will come over and say “Hi!” and ask me to sit in a special chair. My nurse is so nice.



The nurse will then wrap a band around my arm.
This might feel tight but I will be O.K.



The nurse will then hold out my arm and tap the inside of my elbow.
Or she might touch the top of my hand.

She wants to find the **best spot** to do the blood test!



If I am feeling sad or scared I can:

**Hold onto my happy ball
Sing songs,
Take deep breaths
or hold someone's hand.**

This will help me feel better.



The nurse will rub a cold soap on my skin. This can smell funny
but I will be ok!

Now the nurse is ready to give me my needle.

The nurse will take the small needle and put it into my arm or
hand. The nurse will press down and I will feel a pinch.



It is very important that I do not move.

I need to remember to keep my hands down and stay very still.

The nurse will take my blood quickly and
then take the needle away.

At the end, the nurse will put special soft cotton ball my on skin
With a special band aid too.



**When the nurse is “all done”
I get to go HOME.**



I am so strong!