

## Your child's blood test

Please bring the blood test request form with you (if you have been given one) to avoid having to rebook your child's appointment.

### Before your child's blood test

We understand that having a blood test can be a worrying time for you, and that your child may feel nervous. We would like your child's experience to be positive. If your child has a favourite toy, please bring this along with them.

Preparation is a good way to help reduce fear and anxiety. Please be honest with your child and let them know what will be happening, so they don't feel tricked into the procedure. Try to be positive - if your child sees you nervous, it may make them worry too.

If your child has any additional needs and you feel that they may need more time for their blood test, please ring and let us know. An appropriate appointment will then be booked.

Some blood tests require your child not to eat anything beforehand, so please check with your doctor beforehand.



### Arriving for the blood test

Children's Outpatient Department is located on the ground floor of the Children's Hospital, at the Royal Derby Hospital, opposite car park 6.

When you arrive in the Outpatient Department, please let the reception staff know you are here. You will be given a number and asked to sit in the pink waiting area.

### Minimising discomfort

#### Babies under one month: Sucrose

This is sugary water that is dripped onto the tongue to reduce pain, a dummy or feeding is also successful for this age group.

#### Babies/children over 1 month: Magic cream

This is a local anaesthetic cream that is applied to the skin over a vein, usually on the inside of the elbow or back of the hand. It takes 30 - 40 minutes to become effective. If your GP has requested the blood test, please ask for a prescription, so you can apply it before your arrival. Alternatively, inform staff on your arrival so cream can be applied.

If you apply magic cream at home, please apply over visible veins on the inside of the elbows and the backs of hands, then apply a transparent dressing or cling film over the top. DO NOT rub it into the skin.

#### Children over 3 years: Cold spray

This is a very cold, local anaesthetic spray which works very quickly. It numbs the area for the blood test. Magic cream (above) is also available. If your child is anxious, the play specialist can spend time with them before the blood test.

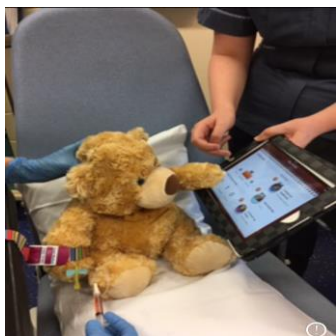


## When blood is collected

Blood tests are always taken in our blood/treatment room. Usually there will be two members of staff and a play specialist in there.

We encourage parents to stay with their child, but if it isn't possible, we advise you to bring along someone else who is familiar to your child.

The play specialist will have a variety of distractions. These can include bubbles, books, an iPad or their favourite toy from home.



We encourage your child to sit on your knee and for you to cuddle them as instructed by a member of staff. This will ensure that your child is comfortable and that they are held firmly but kindly.

A member of staff will also support your child's arm from which the blood test will be taken. This is important to ensure the blood test is carried out safely and to minimise the risk of injury due to excessive movement.

If the first attempt to take blood is unsuccessful then (with your consent) we may try again.

If you feel during the blood test that your child is getting unduly upset and you would like us to stop, please be clear and don't hesitate to ask us to stop.

If we feel that your child is not coping with the blood test, we may stop and ask you to book another appointment or speak to your doctor.

## Results

Depending on the type of blood test required the results can take 1 - 12 weeks.

Your GP or consultant will be sent the results. They cannot be given out by staff in the blood room.

## Feedback

We are constantly trying to improve our service so please fill in one of our feedback cards as we love to hear about your experience with us. Please put your form into our feedback box next to reception.