

### What to expect if your child needs a blood test

- Is your child having a blood test at any of these clinic venues?

Crouch Vale Medical Centre, Springfield Green Clinic, Braintree Community Hospital (WJC building)

- The procedure undertaken to obtain the blood will depend on the type of blood test requested. If you have been provided with any blood forms please bring these with you.
- To help with the process please ensure your child has something to eat and drink prior to attending for the blood test – unless a fasting sample is required.
- Depending on volume of blood required some blood tests can be performed via a finger prick procedure. This technique enables the nurse to move with the child to collect the blood into the bottle, can sometimes take longer. Making sure your child is nice and warm can help.
- If a venous sample is required we will ask if you can assist in giving a 'bear hug' and distracting to reduce any distress. Two members of staff will always be present within clinic.
- Numbing cream can be requested via your GP and placed onto visible veins on backs of hands secured with dressings and inner arms (can be secured with cling film to aid removal) but please be aware that some children find it more distressing having this applied as must be in place for at least 30- 45minutes to be effective. If veins are also not visible by using numbing cream it can make sighting of veins more difficult.

