

Information about your child's blood test

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Things for you and your child to know before the blood test:

- Prior to your appointment you will need to obtain local anaesthetic cream from your GP or collect from the Cove Clinic. This needs to be applied 1 hour prior to your appointment.
- A pea size amount of anaesthetic cream needs to be applied to the back of both hands and inner elbows and covered with a clear dressing or cling film, this will numb the area where the blood will be taken (please see picture 1 and 2 below). This is often referred to as 'magic cream.' The cream takes one hour to work. If you are unable to apply the cream you must attend 1 hour prior to your appointment time for the nurse to apply.



Picture 1



Picture 2

- The procedure will be explained to your child openly and honestly, which will hopefully take away the fear of the unknown.
- Once the cream has worked the play specialist will take you and your child to another room where the blood test will be performed.
- The cream will be wiped off and your child's arm will be held while the doctor or phlebotomist takes the blood. During this time the play specialist will work with your child providing distraction with toys and books as needed.
- A piece of gauze will be applied to stop the blood flow, before applying a plaster.
- When the blood test is complete the blood will be sent to be analysed, and you will be informed of the results as previously arranged by your GP or consultant.

We realise that some children and young people may be very nervous about having this done and it may also be a worrying time for parents/carers. Our unit aims to provide a family friendly service, and we are happy to answer any questions you may have on the day of the blood test.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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PALS 01493 453240**