

I am going to get  
a blood test.



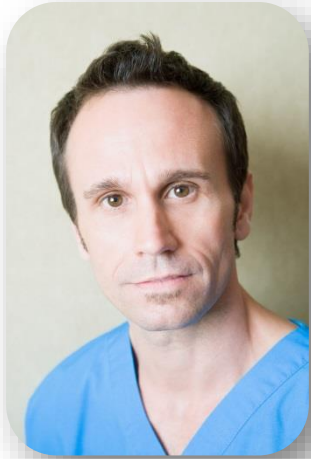
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HEALTH

Children's  
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Sometimes a doctor needs to check my blood to make sure I am healthy.

Doctors, nurses, and other medical professionals know how to take small amounts of blood from a person's arm so they can test it. Blood tests are safe because my body makes new blood all of the time.

Blood tests can be done at doctor's offices, hospitals, and other health centers. There are also special places called blood laboratories where people check blood for testing. The people who work there are called technicians or phlebotomists.



It is helpful to drink water the night before and day of my blood test. This helps my body get ready for the blood test.

Sometimes I cannot eat or drink the day I have a blood test. It is important to listen to the instructions given to me before I get a blood test.



When I get my blood tested, I can bring some music and headphones, or a favorite book to read to keep me busy while they are taking my blood. I just have to remember to keep still while the technician is taking the sample of my blood.

It usually takes less than five minutes for the technician to take the blood to be tested.



When it is my turn to get my blood tested, a person who works there will ask me my name. After I give my name, I listen to the instructions given to me.

It is important to tell the doctor, nurse, or technician if I ate food or had anything to drink that day. I tell the technician about any allergies or medical conditions I have. I answer the questions the technician asks me.

Before the blood test starts, I can ask the technician questions and tell him or her if I am nervous and what might help to relax me.



The adult who came with me can go into the area with me to keep me company when it is time to go into the area where I will get my blood test.

There may be other people in the area getting their blood tested, too. I can say hello to them, but getting a blood test is private. I can talk with the technician and others who are with me.

In the room, I sit in a chair and wait for the blood test. These chairs are made to make it easier for the technician to take blood tests. Once seated, I remain in my seat until the technician tells me to get up.



If I am wearing long-sleeve clothing, I need to roll up my sleeve for the blood test.  
The technician will tell me which sleeve to roll up.

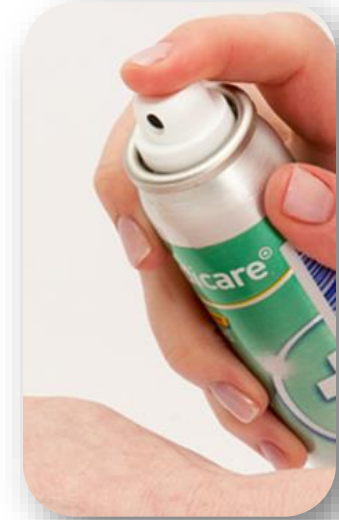


The technician puts a large elastic band called a tourniquet around the upper part of one of my arms. This helps make the veins in my arm become larger and easier to find.

The tourniquet may feel tight, but it won't be on my arm for long. I stay calm. The technician will remove it as soon as he or she can.

The technician may touch and move my arm to find the best place to take the blood test.





Then, he or she wipes my arm with wet cotton or a small cloth called gauze. This will make sure my skin is extra clean before the blood test.

Sometimes a spray will be used on my arm. It will dry quickly.

The cloth or spray may have a smell. I can hold my nose with my other hand if I do not like the smell.



The technologist may ask me to squeeze a ball or make a fist when he or she is taking the blood sample.  
I listen to his or her instructions about when to open or close my hand.



When the technician selects a vein, he or she inserts a small needle into my arm and then releases the elastic band. I can watch or look away.

I will feel a pinch on my arm when this happens.

It is important to stay still while the needle is in my arm. It will only be a short amount of time.



During the blood test, some blood will come out of my arm into a tube. I have lots of blood in my body.

The blood taken during my blood test is only a small amount of the blood. My body replaces this blood by making new blood.

During the blood test, I can look away and talk to the people I am with who are in the room.

I can also read a book, listen to music, watch a video, hold onto a toy or a person's hand.

I remember it is important to keep my arm still until the technician is done.



The needle in my arm is attached to a small tube. The blood goes from my arm through the tube into small containers called vials. The technician may need to use more than one vial during my blood test.

The technician will tell me when he or she is finished with the blood test.

He or she removes the needle from my arm and puts gauze or cotton where the needle came out. A little blood may get onto the cotton or gauze.

The technician may tell me to press on the gauze or cotton with my finger.



The technician will put an adhesive strip or other type of bandage on the area.

I can ask when I can take the bandage off.



As soon as my blood test is done, the technician will put the needle into a special container so no one gets hurt.

These containers have a special symbol on them to let people know it contains sharp items like needles. Only technicians, doctors, or nurses can put things into these containers.

I never touch a needle or the container.



Sometimes people get a small mark or a bruise on their arm after a blood test.

If I get a bruise, it is alright. Sometimes it comes right away or it may show up the next day. It will go away soon.





Once the blood test is done, I can get up from the chair.

If I am thirsty or hungry, I tell the person I am with. It is alright to eat and drink after the blood test is finished.





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