

What is a Blood Draw (Venipuncture)?

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A “blood draw” or “lab draw” is a way to collect a small sample of **blood** from your body to test under a **microscope**.

Why it’s important to have blood work done?

It is important to have a blood draw so the doctor can find out how your body is working. Your blood can provide your doctor with a lot of information. Your body has lots of blood and is always making more.

Your job during a blood draw.

Your job during a blood draw is to keep your body as still as a statue, so that the poke can go in as quickly and safely as possible.

What will I see and feel?

Steps:

- Remove **numbing cream**, if utilized.
- A **heat pack** or **warm wet towel** may be used to make your vein easier to see and feel.
- A **stretchy band** called a tourniquet is tied over a shirtsleeve or gauze wrap. It feels like a tight squeeze. It also helps make your veins more visible.
- A cold, wet **cleaner** is used to wash away germs on the skin.
- A quick **poke** under the skin, into a vein.
- A small sample of blood is taken from the vein and placed in a **test tube** with a special colored top.
- A small piece of **gauze** is put over the poke site and covered with a **bandage** or **wrap**.

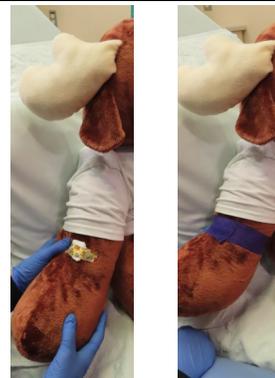
Things that can help during a blood draw:

Helpful Hints:

- Ask about available numbing and pain control options. This may include application of Emla cream (1-hour prior) or by requesting LMX cream (30 minutes prior), the use of **Buzzy Bee** or **Sweet-Ease** (if less than 18 months.)
- Blood Draw Education with a nurse or Child Life Specialist.
- **Comfort positioning**
- Blocking poke site with an **I-Spy Board**, tablet or book.
- **Distraction** such as music, a show, a fidget toy or book can be used to focus attention away from the poke.
- Breathing Reminders and/or Counting; “smell the flowers and blow out the candles” or “breathe in on 1, 2 and out on 3”.
- Using a pediatric friendly **treatment room**, if one exists.
- Bring a comfort item(s) from home; stuffed animal, book or music.
- Children take cues from their caregivers, so it is helpful to remain calm.



Blood Draw Steps

		
Warm, wet cloth or Heat pack	Stretchy band (tourniquet)	Cold, wet cleaner (alcohol wipe)
		
Poke	Gauze	Bandage or Wrap

Body Systems

