

Getting Blood Drawn at the Doctor's Office

Series 1

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Sometimes I go to the doctor's office for a check-up.

During some check-ups, the doctor or nurse may need to draw a small amount of blood. Drawing blood helps the doctor learn more about how my body is working on the inside. Blood tests can show things like how well I've been eating, how my organs are working, or if I need any medicine.



When it is time to get my blood drawn, a nurse or phlebotomist (fla-bot-a-mist) will help. The nurse will talk to me and explain what is going to happen.

I can ask questions about what the nurse is doing and I can tell the nurse how I am feeling.



First, the nurse will help me sit in a special chair. My grown-up will be there and I can hold their hand or a toy. The nurse might put a soft band around my arm for a few seconds. The band might feel tight, but I will not have to wear it for long. This helps the nurse find the best spot to draw the blood.



Next, the nurse will clean a small part of my arm with an alcohol wipe. This might feel wet or cold for a few seconds and some kids think alcohol wipes smell funny. Alcohol wipes don't hurt and they help keep everything clean.



Then, the nurse will gently put a small needle into my arm. The needle helps collect the blood into a small tube. I might feel a tiny pinch or poke, and then some pressure. Some kids say it feels like a rubber band snap or like a bug bite. It might feel a little uncomfortable, but it does not last long.



The blood draw usually takes less than one minute. If I feel nervous, I can:

- Stay still and take deep breaths.
- I can close my eyes.
- I can think about something I like or squeeze my grown-up's hand.
- I can also ask the nurse to countdown from 10 so I can know when they are done drawing blood.



When the blood is done being collected, the nurse will take the needle out and put a small bandage on my arm. Sometimes, I get to choose a fun sticker or a small prize when it's all done.

Getting blood drawn at the doctor's office is something many kids do. When I am done getting my blood drawn, I can feel proud of myself because I did something brave.

I am learning how to take good care of my body.



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