

Advice Leaflet for Children Having Blood Tests

Children's Services

Women and Children's Services

Diana Princess of Wales Hospital, Grimsby

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.



Information for patients and visitors

Your GP Wants Your Child to Have a Blood Test

Children **under 12 years of age** have their blood tests taken at the paediatric phlebotomy service at Raj Medical Practice, Pilgrim Community Clinic, Immingham or Nunsthorpe and Bradley Children's Centre.

- To book an appointment please telephone 01472 874111 extension 3655/7559 Monday to Friday 8.30 – 17.00hrs

Should you be unable to attend the appointment please inform the Clinic on the above number as soon as possible so that another appointment can be arranged.

Make a note of the time you have booked in the space provided here:

Where:
Date:
Time:

This leaflet goes on to explain what will happen when you and your child attend the clinic.

If you have any further questions, please do not hesitate to contact the clinic or ask on the day your child comes for his / her test.

There may be no staff available to look after your other children if possible please make alternative childcare arrangements.

Introduction

It is important that your child is prepared for their blood test as they may have questions, fears and anxieties regarding the procedure - this leaflet will help you explain what will

happen during their short visit to the blood clinic.

Before Arrival

Please remember to bring the blood form your GP gave you as the nurse cannot complete the blood test without it. Your child must be accompanied by someone who has legal parental responsibility for them. If the child in your care is looked after by the Local Authority please advise the person asking for the blood test so a consent form can be completed by the relevant person before the procedure to prevent any delay on the day.

When your GP gave you your blood form, you should also have been given a prescription for a local anaesthetic cream and some transparent plasters. This will numb the area to reduce the pain of the needle.

60 minutes before your appointment time apply the local anaesthetic to the back of both hands and both elbow creases.

Infants over 1 month and under 3 months apply a 1pence sized spot.

Infants over 3 months apply a 2 pence sized spot of cream.

Backing paper from the middle of the plaster and holding the frame left around it, place it sticky side down over the cream.

Smooth the edges of the plaster and remove the frame.

Temporary whitening of the skin is normal. If any itching, redness or rash occurs, please remove the cream and contact your GP.

Information for patients and visitors

On Arrival

On arrival please report to the receptionist.

The nurse will check your child's details with you to make sure they are correct and explain how the test will be done.

Please do not hesitate to ask any questions, however trivial you may think they are.

How is a blood test done?

- Your child will be introduced to the nurse and a nursery nurse or health care assistant before the blood test is done. These people are specially trained in how to play with children in hospital and how to help those having tests and investigations. They will help your child play with things like, noisy books and toys, during the blood test in order to help distract him / her away from the procedure and help take away any feelings of discomfort, anxiety and fear they may have
- The "magic cream" will be wiped away and your child will be ready for their blood test. A nurse will squeeze your child's arm or wrist - this makes the vein fill up with blood and makes it easier for the blood sample to be taken
- A needle is then inserted into the vein - the needle is then connected to a syringe and the blood taken out
- When the required amount of blood is taken, the needle is removed. The small wound is pressed on with cotton wool for a few minutes to stop the bleeding and prevent bruising. A sticky plaster is then put on
- While the nurse puts the blood into bottles, your child will be encouraged to choose a bravery certificate and sticker

to help them feel they have achieved the goal of having blood taken

Different Blood Samples

Blood can be tested for many different things. Your GP will write on the form which tests they want us to take. Different blood bottles are used for different tests - this is why you may see your blood added to bottles of different sizes and colours.

Benefits of Having a Blood Test

The results of the blood test & possibly other tests may help your GP establish what is making your child unwell. Without these tests this process may take longer.

Any complications?

- Sometimes a bruise develops where the needle was put in. This is much less likely to happen if you press over the site with cotton wool for a few minutes, keeping your child's arm straight
- As with any wound, an infection may develop where the needle was put in - this is very unlikely but you must see your GP if the site becomes red or sore
- Rarely, some people feel faint during a blood test. Your child (or yourself) will be encouraged to lie down if this happens to prevent fainting
- Occasionally it can be difficult to find a vein from which to take the blood and it may take more than one attempt to obtain a sample

Alternatives

There is currently no alternative method available to obtain a blood test from your child.

Information for patients and visitors

Results

Unless you are told differently by your GP, the results from your child's blood test will go back to him / her - this may take up to one week but may be longer depending on the reason the blood test is being performed. He / she should contact you once the results are available.

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital – you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital – you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:
nlg-tr.PALS@nhs.net

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