

# Teaching Story:

HAVING A BLOOD TEST AT THE LAB



I get my blood tested to make sure I am healthy.

I can bring my favorite toy, teddy, or blanket to help me be brave.

Welcome to Children's National!



Inside the hospital, I go to the welcome desk.





I go to the lab.



I go to the desk.



The staff or my parent puts an ID bracelet on my wrist or ankle so everyone knows who I am.

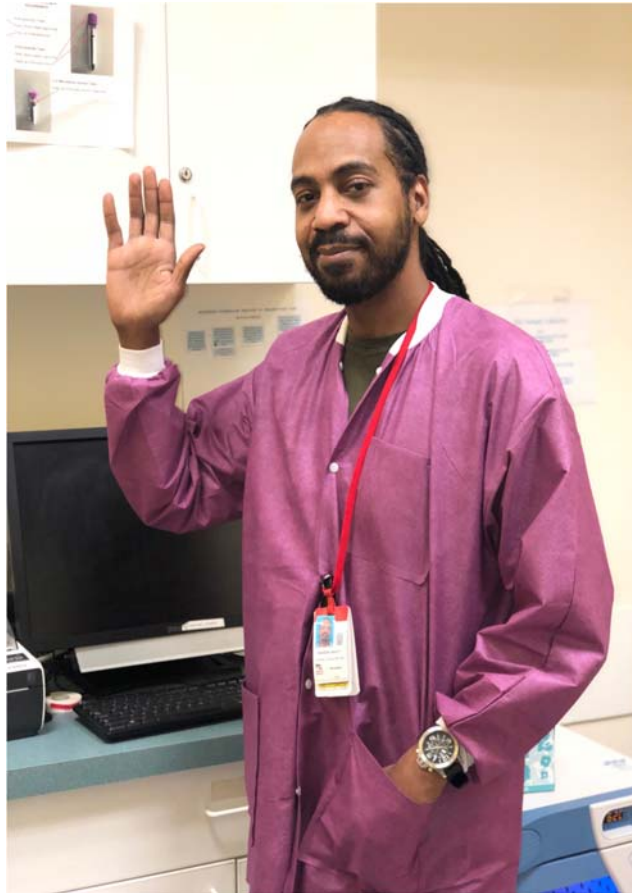


I wait in the waiting area.



I can watch TV, play a game or do an activity while I wait for my name to be called.





A staff member calls my name and walks me to a room.



I can sit on my parent's lap or I can sit in a chair.  
My parent can stand beside me and hold my hand.



The staff member wraps a band around my arm.

This may feel like a tight squeeze on my arm.



The staff member touches my arm and looks at it.



I can do things with my other hand like hold my parent's hand, hold a toy, or play a game.

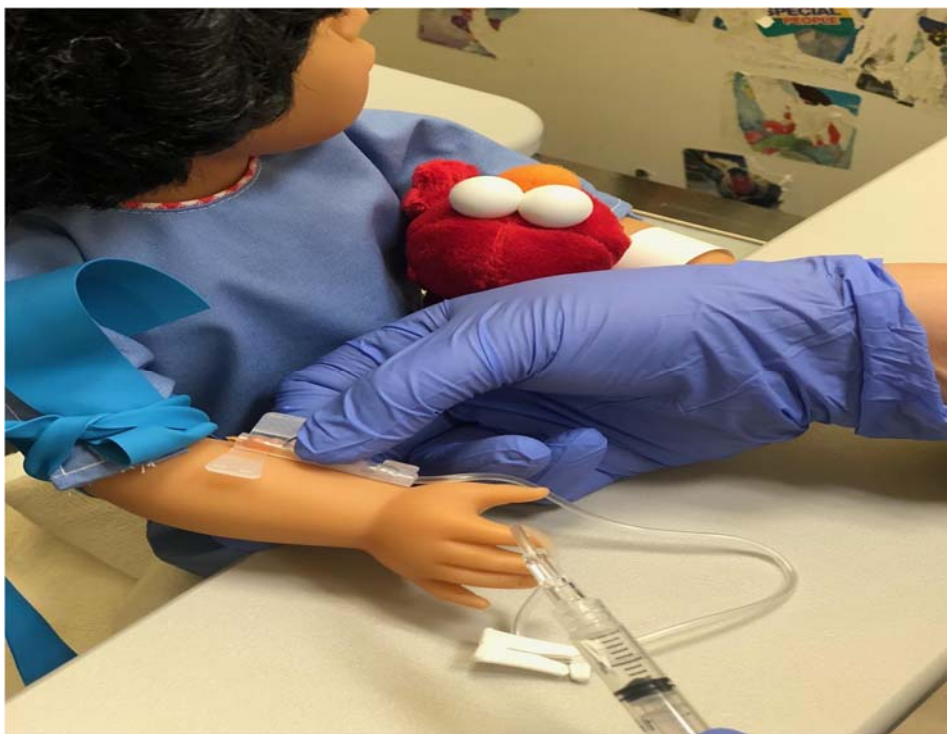


My skin is cleaned with a cold wipe. This will not hurt.  
My parent may ask the staff member to use a cold spray  
that will make my arm feel cold.



I am still and do not move my body.

I hold my arm still. I can count slowly to 10.



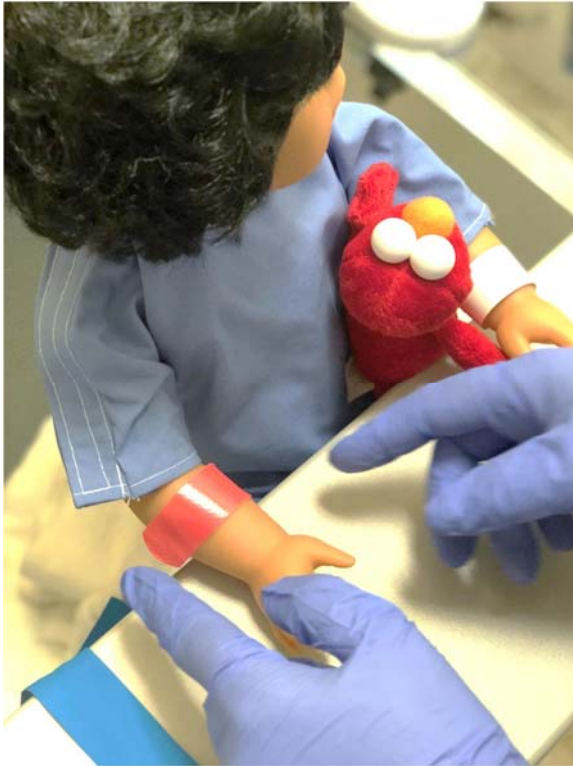
The staff member holds my arm and uses a tiny tube to get the blood. I may feel something and see the little tube turn red. I do not move my arm. If I don't want to look at the tube, I can look away at my parents, at my toy, or at a video.





I can sing songs or take deep breaths.  
The staff member takes the little tube off and  
holds my arm with a piece of cloth.

I get a Band-Aid or colored wrap on my skin.





I am all done!

I get a reward, like stickers, for doing such a great job!!

To plan your child's blood draw at a Children's National lab location, call 202-476-5355.

To request **Child Life support** for your child's blood draw at the main hospital lab, call 202-476-8939.

For additional visual supports or resources for medical visits, contact Autism Behavioral Consult program at 202-476-2884.

E-mail: [ABCconsultteam@childrensnational.org](mailto:ABCconsultteam@childrensnational.org)

Website: <http://childrensnational.org/autismvisualresources>

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Elmo is a Muppet character of

