



This form can help blood draw staff learn how to support your child during a blood draw. Share this form with the blood draw staff when you arrive. For additional help, contact ABCconsultteam@childrensnational.org or call 202-476-2884.

My Blood Test Plan

Message for the blood draw person (mark all the boxes that apply):

- Waiting is very difficult for me; let my parent know how long the wait time may be.
- I need a quiet place to wait, especially away from other people and noise.
- Prepare supplies before I am in the room so I do not see and hear the noise from unwrapping.
- Cover the blood draw supplies so that I do not see them.
- I may be curious and want to explore the room and tools you will use. If I cannot touch, please keep items out of my reach and keep drawers and cabinets shut/locked.

For waiting time, I will bring:

- _____

Getting ready for the blood draw, I want to (mark all that apply and fill in the blanks):

- Know what is available to minimize feeling the poke (Ask about freeze spray, lidocaine cream, buzzy, etc)
- Sit in the chair by myself.
- Sit in _____'s lap.
- Look at a visual schedule so I can understand the steps.
- Ask my blood draw person to count before the poke.
- Watch** and learn.
 - Hear all of the steps right before they happen.
 - Just watch and not hear what is going to happen.
 - Know if there is a job I can help with.
 - Have _____ hold my hand.
 - _____
- Not watch.** Instead, I will:
 - Look away.
 - Pay attention to a handheld tablet/game.
 - Imagine I am somewhere else doing something I like.
 - Take slow, deep breaths. When I breathe out, I will "blow" away feelings I don't like.
 - Have _____ hold my hand.
 - _____

When it is over:

- I want to hold the piece of gauze in place.
- I would prefer a Band-Aid or a stretchy arm wrap. (circle one if there is a preference)
- I would like a reward (parent can plan the reward) _____

My jobs:

- Keeping still and staying safe and finish the blood draw faster!
- Afterwards, my parent and I can make changes to my blood draw plan if needed for the next time.