

# Preparing your child for a blood test



## Patient Information - Blood Test Centre

### Blood tests and children

Our aim is to ensure your child approaches blood tests with confidence.

Babies and young children can be a little more difficult to take blood from due to their smaller sized veins. At Canterbury Health Laboratories we have experience taking blood from all kinds of people large and small. Our blood taking team are some of the most experienced in the country and are trained in how to look after your child's blood tests.

We will not proceed if your child becomes too agitated and we feel the procedure will be unsafe. Blood tests for children are offered Monday – Friday from 12:30 – 2:00pm by appointment only.

### Tips and Tricks

- Before taking your child for a blood test, let them know what to expect and why it needs to be done.
- Approach this appointment with confidence, just treat it like a visit to your family GP.
- Don't say it won't hurt—it will sting a little. Be supportive and encouraging.
- Remain calm throughout.

### The Procedure

It would be a comfort to your child if they choose to sit on your knee, if you do not wish to be present for any reason please inform staff. We will offer a toy to distract your child.

One of our team will support your child's arm and explain the need to keep still, and the possibility of using local anaesthetic—so it won't be as painful. Another team member will assemble equipment and do the collection.

Once we have collected enough blood for the requested test your child is praised and offered a treat in the form of stickers or jellybeans.

### Magic Spray and Magic Cream

To try and make this an easier experience we can use a 'magic spray' (ethylene chloride) to numb the phlebotomy site. Alternatively, you can purchase EMLA Cream from a pharmacy and apply it before the visit. The EMLA cream can take an hour to work depending on the individual, please read the instructions provided with the cream.

Please contact us if you have questions: 03 364 0075 or [chl.testing@cdhb.health.nz](mailto:chl.testing@cdhb.health.nz)