

Your Blood Test at BC Children's Hospital



Soon, you will get a blood test. This book shows you what will happen.



Your blood has a lot of information about what's happening in your body. In a blood test, a lab assistant takes a little bit of your blood.

Doctors sometimes ask for blood tests to give them clues on how to help you best.



When you come to the hospital, go to the Oak Street Lobby.

Take the elevator up to the 2nd floor.



Turn left outside of the elevators.

Then, turn left again.

You will see a sign that says **Laboratory Blood Collections**. Enter here.



Please check in with the clerk. They will ask you some questions.

Then, you can wait in the waiting room.

You can bring a device (like a tablet) or book to use while you wait.



When it is your turn, a lab assistant will call your name. You and your caregiver can follow them into the room.



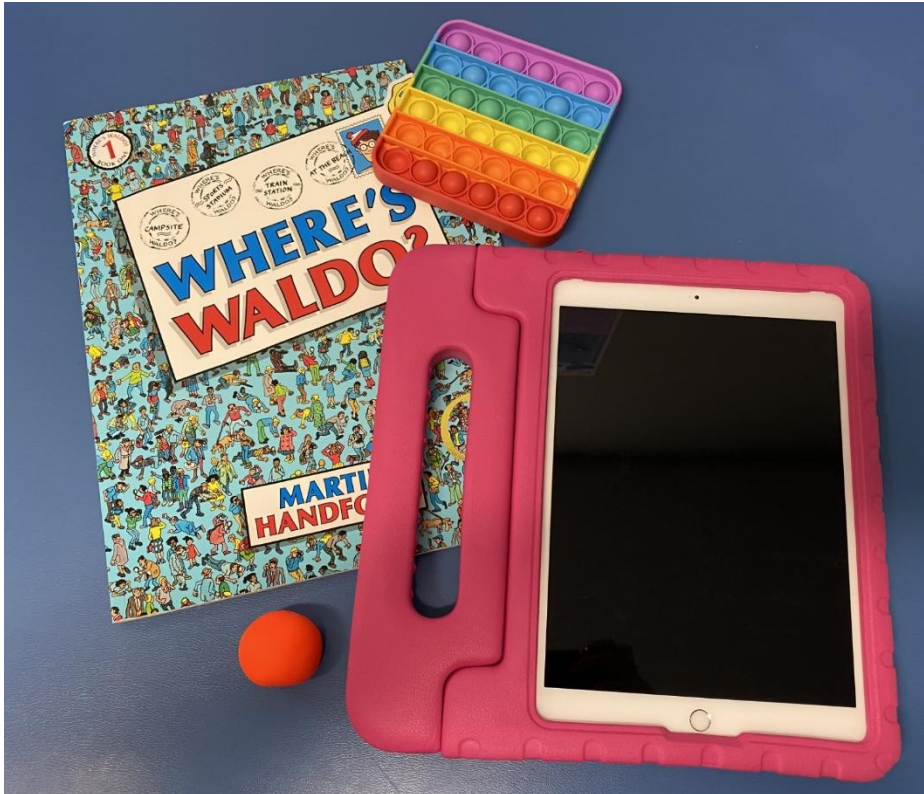
Your chair will have a table to rest your arm on.



If you have come with numbing cream on, it is time to take it off.
Who would you like to take it off?



It is time for your blood test. You have some choices.



Do you want to watch the blood test?

Or, do you want to look at something else?

Some people like to know everything that is happening. Some people like the lab assistant to be quiet.

What would you like?



The lab assistant will tie a big rubber band around your arm.
Some people say this feels tight.



The lab assistant will touch your arm with their finger. They are finding the best vein to use.



Then they will wipe your skin to make it clean. Some people say this feels cold.



Next, the lab assistant will slide the butterfly needle under your skin. Some people say they feel a little pinch or a push. Others say it doesn't bother them.

Your job is to keep your arm still.



Once the butterfly needle is in place, it stays there for about 15 seconds.



When the blood test is finished, the rubber band comes off and the needle slides out.



The lab assistant will place a cotton pad and a Band-Aid on your arm.



It is good to press on the Band-Aid for 2 minutes.



Your blood test is over. Good job!



Pain Management

There are different ways to feel more comfortable for your blood test.

1. Numbing cream

This cream stays on your skin for 30-60 minutes. It helps you feel the poke less. If you want to use cream, put it on before you come to the lab. **Do you want to use numbing cream?**



2. Buzzy Bee

Buzzy Bee goes on your arm during your blood test. It vibrates. When Buzzy Bee buzzes, you won't feel the poke as much.

Do you want to use Buzzy Bee? If you do, tell your lab assistant when you get here.



For parents and caregivers: Helping your teen cope with their blood work

Before your Lab visit:

- Think about what pain management techniques may work best for your child.
- Bring a familiar item to distract or comfort your teen.
- Encourage them to drink lots of fluids the day before.
- Talk to your teen about the blood test.
 - Tell them why they need it.
 - Be honest. Explain what your teen will see, hear and feel. This is important, even if you think it may scare your teen. Being honest helps your teen to trust you.
 - Assure your teen that you will be there to support them.
 - Invite your teen to share their thoughts and fears with you.

At the Lab:

- You are welcome to let the staff know how your teen copes best.
- Encourage your teen.
- Be calm and firm. Do not suggest that the procedure is optional. Offer realistic choices, like: “Do you want to watch the poke or the tablet?”

Caring for yourself:

It is natural to feel anxious when your teen has a blood test. Think about how you can stay calm. When you are calm, your teen is more likely to feel calm too.



For parents and caregivers: About numbing cream

- You can buy numbing cream at most pharmacies. You do not need a prescription. Ask your pharmacist how to use the cream.
 - The most common brands are **Emla** and **Ametop**.
 - **About Emla:**
 - Emla takes 60 minutes to work. Apply Emla one hour before you arrive at the lab.
 - You can buy Emla at most pharmacies.
 - **About Ametop:**
 - Ametop is best if your teen has small or tricky veins.
 - Ametop takes 30-45 minutes to work.
 - You can buy Ametop at BC Children’s Pharmacy or at **some** London Drugs locations. There is a list of stores that sell Ametop on the last page.
 - If you buy a different brand of cream, ask your pharmacist how long it needs to stay on the skin.
 - Ask a health care professional if you have any questions or concerns.
- Click [here](#) or scan this QR code for more details.



For parents and caregivers: How to apply numbing cream at home

It can be helpful to put the numbing cream on both arms. The lab assistant can choose which arm has the best vein.

1. Before you come to the lab, place a large dollop of cream on the inside of the elbow. Try to cover a spot with large looking veins. **Do not rub the cream in.** It needs to sit on top of the skin to work.
2. If the cream comes with a sticker, use it to cover the cream. Or, you can cover the cream with plastic wrap (Saran wrap).



London Drugs Locations that Sell Ametop Numbing Cream

Store location	Store Street Address	City
Clearbrook West Oak Mall	3-32900 South Fraser Way	Abbotsford
Burnaby	4970 Kingsway	Burnaby
Lougheed Mall	9855 Austin Road	Burnaby
Brentwood Mall	400-4567 Lougheed Hwy	Burnaby
Marine & Byrne	7280 Market Cross	Burnaby
Chilliwack	21-45585 Luckakuck Way	Chilliwack
Coquitlam Centre	1030-2929 Barnet Hwy	Coquitlam
Delta	7303-120th Street	Delta
Trenant Park Mall (48th)	5237 Ladner Trunk Rd	Delta
Langley	B1-20202 66 Avenue	Langley
Maple Ridge	101-22709 Lougheed Hwy	Maple Ridge
Mission	200-3255 London Avenue	Mission
New Westminister Centre	100-555 Sixth Street	New Westminister
North Vancouver	2032 Lonsdale Avenue	North Vancouver
Richmond London Plaza	5971 No. 3 Road	Richmond
Ironwood Plaza	3200-11666 Steveston Hwy.	Richmond
Surrey	10348 King George Hwy	Surrey
Guildford	2300-10355 152nd Street	Surrey
Peninsula Village	100-15355-24 Avenue	Surrey
Surrey	821-17685 64 Avenue	Surrey
Surrey	130-15850 26th Avenue	Surrey
Vancouver	710 Granville Street	Vancouver
Broadway	525 Broadway W	Vancouver
Hastings	2696 East Hasting Street	Vancouver
Vancouver	2091 West 42nd Street	Vancouver
Vancouver	3328 Kingswat	Vancouver
Vancouver	1187 Robson Street	Vancouver
Davie St.	1650 Davie Street	Vancouver
Victoria Drive	5639 Victoria Drive	Vancouver
Vancouver	2230 Broadway W	Vancouver
Vancouver	150-351 Abbott Street	Vancouver
Vancouver	1622 Salt Street	Vancouver
Vancouver	201-1431 Continental Street	Vancouver
Park Royal	875 Park Royal North	West Vancouver
BC Children's On-site Pharmacy	ACB - (Starbucks Building)	Vancouver

