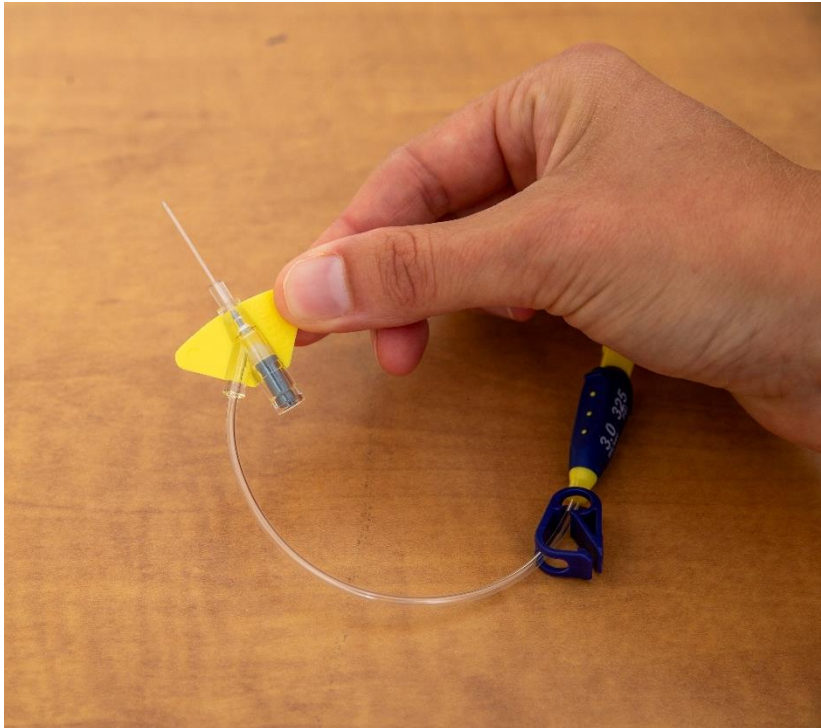


Getting your IV at BC Children's Hospital



Soon, you will get an IV. This book shows you what will happen.

What is an IV?



IV is a short way to say **Intravenous**.

Intravenous means “into a vein”.

Veins look like little blue lines under your skin. They are little tubes that carry blood.

An IV is a little straw. It goes into your vein. An IV is one way to put medicine into your body.



The straw goes into a vein on your hand or arm.

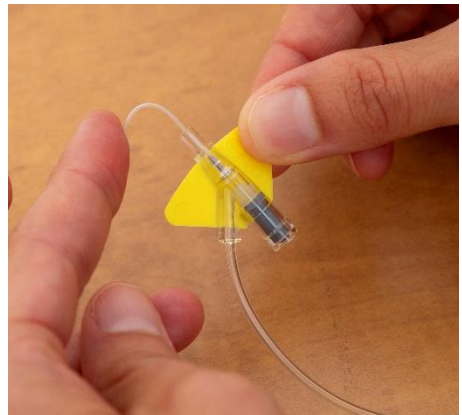
A small helper
needle will
help the straw
go into your
vein.



When the
straw is in the
right place, the
needle will
come out.



The straw will stay in your vein. The straw is bendy.



In the hospital, there are different places where you can get an IV. Each place looks a bit different.

When it is time for your IV, you will meet your nurse. They may ask you some questions.

You may have a bed or a chair to sit on.



When the little needle goes in, you will feel a poke. Here are some things that can make you feel the poke less.

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. Freezing Spray

This spray goes on your skin before your poke. Your skin will feel really cold for 10 seconds. The spray helps you feel the poke less.

Do you want to use freezing spray?

If you do, ask your nurse. They will tell you if you are able to use this.



3. Buzzy Bee

Buzzy Bee goes on your arm during your IV. 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 nurse.



If you use numbing cream, the nurse will put a blob of cream on different spots. They may put a blob on your arm, your hand, or both. Some people say this feels cold.



The nurse will put a sticker over the cream. The sticker will stay on for 30-60 minutes.



Your nurse may put some warm blankets on your arm for a few minutes.



Your nurse will tell you when it is time to take off the sticker and cream.

Some people say it feels like taking off a Band-Aid.



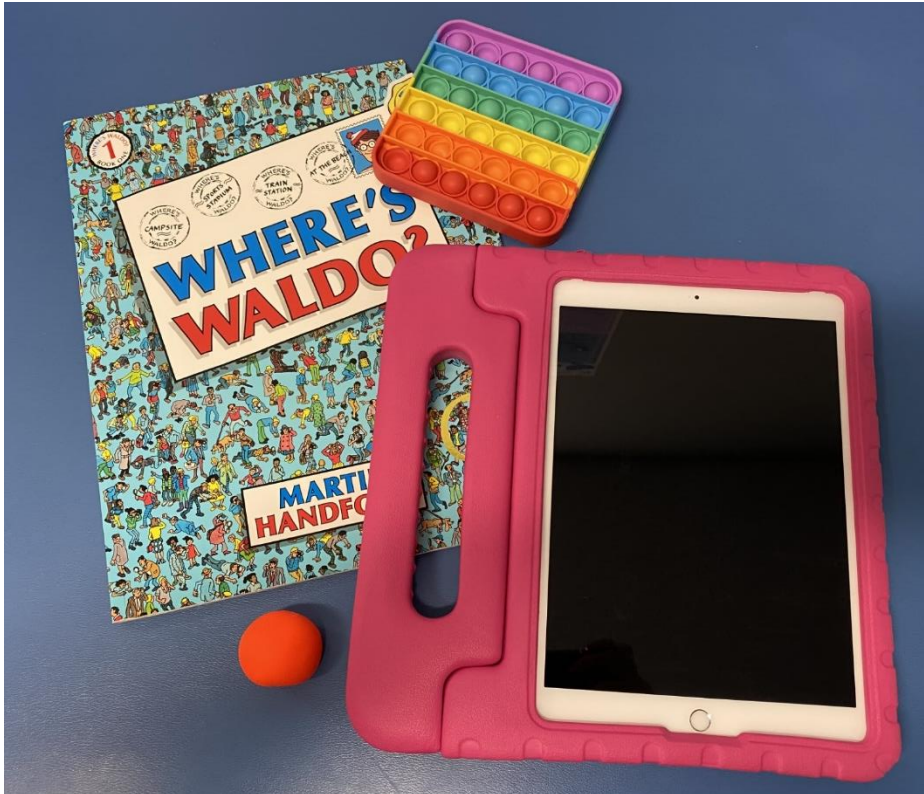
You get to choose who takes off your sticker and cream.

Do you want your nurse to do it?

Do you want to do it?



Now, it is time for your IV.



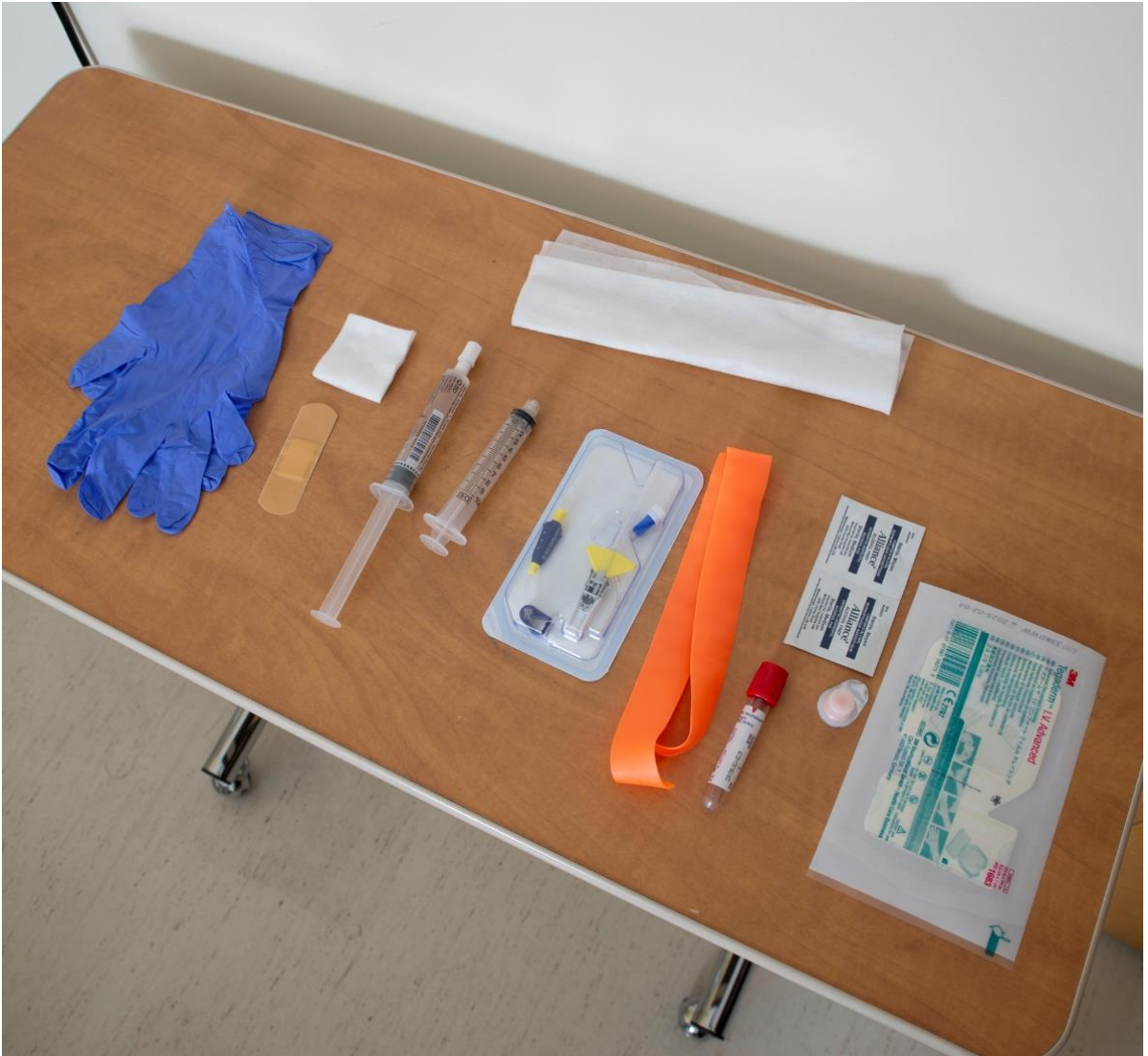
Will you watch your nurse put in the IV? Or, will you look at something else?

Do you want the nurse to tell you what they are doing? Or, do you not want them to tell you?

You can tell your nurse what you choose.



You will see these supplies.



The nurse will look at your arm or hand. They will find the best vein for your IV.

They will tie a big rubber band around your arm. It is called a tourniquet. Some people say this feels tight.



The nurse will touch your skin. They may look at different spots.



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



The nurse will slide the little needle into your vein. Some people feel a little pinch or push. Other people say it doesn't bother them.

Your job is to keep your arm still.



Once the IV is in your vein, the little needle will come out.
The bendy straw stays in. This is your IV.



Your nurse will put a sticker on the IV. The sticker holds the IV
in the right place.



Your IV is in. Good job!

Next, your nurse will take the rubber band off.

They will put some water in your IV. This is called a flush. Some people say they can taste it or smell it. Can you?



Now, you can get your medicine through your IV.



It can take some time for the medicine to move through the IV.



After you get the medicine, your nurse will take out your IV.

First, they will pull the sticker off.
Would you like to help?



Next, they will slide out the straw.



Then they will give you a Band-Aid.



Your IV is done, good job!



For parents and caregivers: Helping your teen cope

Before your hospital visit:

- Think about what pain management techniques may work best for your teen.
- Bring a familiar comfort item.
- Talk to your teen about the IV.
 - 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 hospital:

- Please tell the staff how your child copes best.
- Encourage your child.
- 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 needs an IV. Think about how you can stay calm. When you are calm, your teen is more likely to feel calm too.

