

# My Blood Draw Plan for Youth

When writing your plan, think about what you like to do if you start to feel worried or scared.

## For waiting time, I will bring:

- My phone or tablet
- Music with headphones
- A supportive friend and/or family member
- \_\_\_\_\_

## When the blood draw is about to happen, I want to:

- Know step by step what will happen.
- NOT** be told anything the staff member will be doing.
- Have the staff member cover the blood draw supplies so I cannot see them.
- Have the staff member count to three before the poke.
- Have the staff member **NOT** tell me when the poke will happen.

## When the blood draw is happening, I want to:

- Watch what is happening
- Look at something else like a phone or a tablet
- Close my eyes and imagine I am somewhere else
- Take slow deep breaths
- Have the staff member talk to me about something else
- Squeeze something in my hand
- Have a quiet room with no talking
- \_\_\_\_\_

## When it is over

- I would like a Band-Aid.
- I will ask if I can just hold the gauze in place with no tape or Band-Aid.

Please print, fill out and bring this plan with you to the lab so we can help you have the best experience possible.