

My Blood Draw Plan

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:

- A favorite book or toy
- My stuffed animal
- _____

When I enter the collection room, I want to:

- Sit in the chair by myself
- Sit in _____'s lap
- Lie down on a hospital bed

Before the blood draw, I want the lab assistant to:

- Tell me step by step what will happen
- NOT tell me what will happen
- Cover the equipment so I can't see it
- Chat with me about something fun

During the blood draw, I want to:

- Watch what is happening
- Count to three
- Look at something else like a book or iPad
- Close my eyes and imagine I am somewhere else
- Take slow deep breaths as if I am blowing bubbles
- Hold _____'s hand
- Squeeze a ball
- _____

When the blood draw is finished:

- I will ask for a Band-Aid (Can be a choking hazard.)
- I will hold the gauze in place with no tape or Band-Aid
- I would like to pick something from the prize box
- _____

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

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Extra information I think the lab should know about me.

<http://www.bcchildrens.ca/our-services/support-services/child-life>