Sometimes I will need to get blood work to help my doctor take care of me.
If I need to have blood work done that means that I will have a test on my arm. This story will tell me what it will be like to have a test on my arm.
First we will follow the signs with the blue fish. Then we will take an elevator to the 1st floor.
When I see the bubble wall that means I have made it to the lab.
When we get to the lab, my parent will talk to someone at the front desk.
Now we will sit down and wait. We might wait for a few minutes, or we might wait for a long time.
While I am waiting, I can read a book, play with a toy, or sit quietly. My parent can help me to find something to do while I wait.
When my name is called I will leave the waiting room and walk back to a small room.
I will meet a lab technician who might look like this. My lab technician will talk to me about having a test on my arm. My lab technician might also ask me questions, like my name and my birthday.
Next, I will sit in a big chair.
I might sit in my parent’s lap. Or my parent might stand next to me while I sit. It is ok to ask my parent to hug me.
My lab technician will show me a blue stretchy band. The blue stretchy band will be tied on my arm.
The band will feel tight on my arm like a hug. This is ok because it is good for the band to hug my arm tight.
My lab technician will touch my arm with his/her finger to make sure my arm is ready for the test. I will need to keep my arm very still while my lab technician touches my arm.
Next, my lab technician will wash my arm with a small, wet pad. It might be cold and it might have a smell. I will keep my arm very still while my arm is washed.
Now it is time to start the test on my arm. It is important that I hold my arm very still for my test. Someone might help hold my arm still.
Now we will count to 3 and then I will feel a tiny pinch in my arm.
I can be very brave by taking big breathes and asking my parent for a hug while I keep my arm very still. I can also talk about something fun and remember the tiny pinch will be over very soon.
It is ok to move my head or talk during my arm test, but I should keep my body very still.
When I hear a “click” sound that means the test is all done and it is time for my technician to take the test off my arm.
Next, my lab technician will put a small piece of cloth on top of where I had my test.
Lastly, I will get a bandage on my arm where I had my test.
Now I am all done! I did such a great job. Everyone will be very proud of me and I am proud of me too.
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