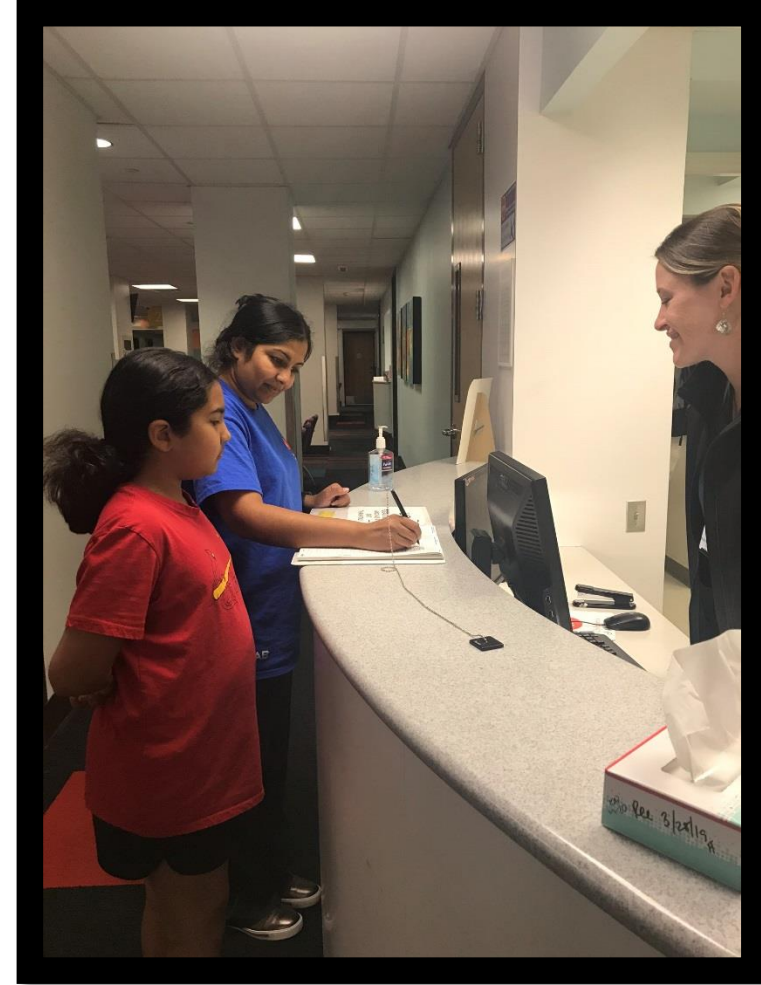
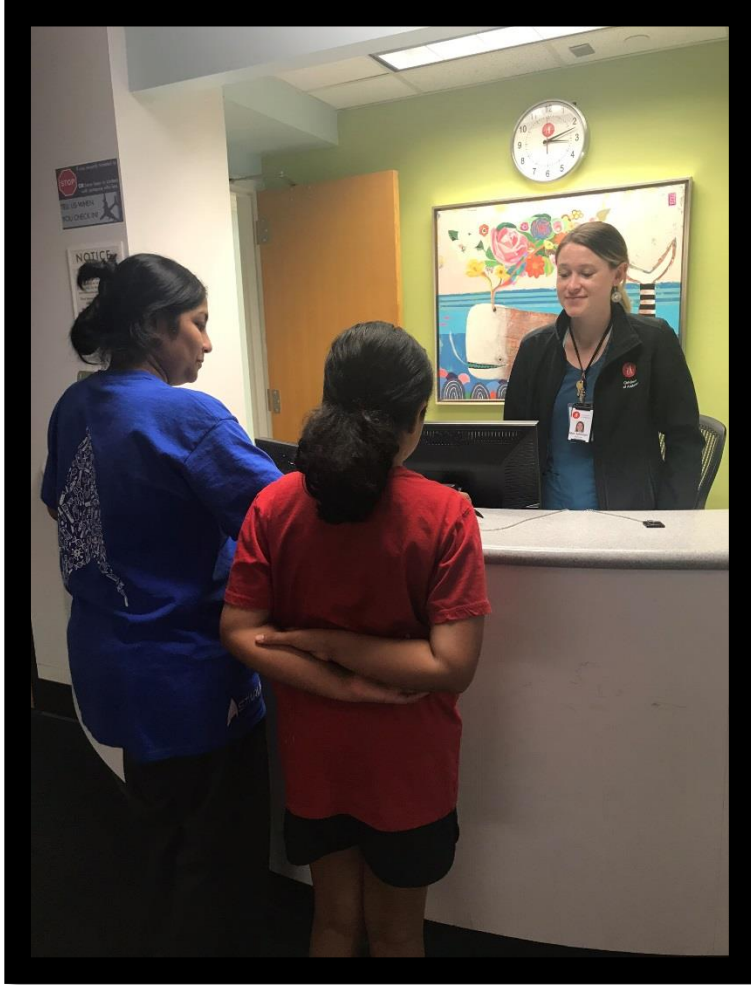


# Lab: Blood Draw

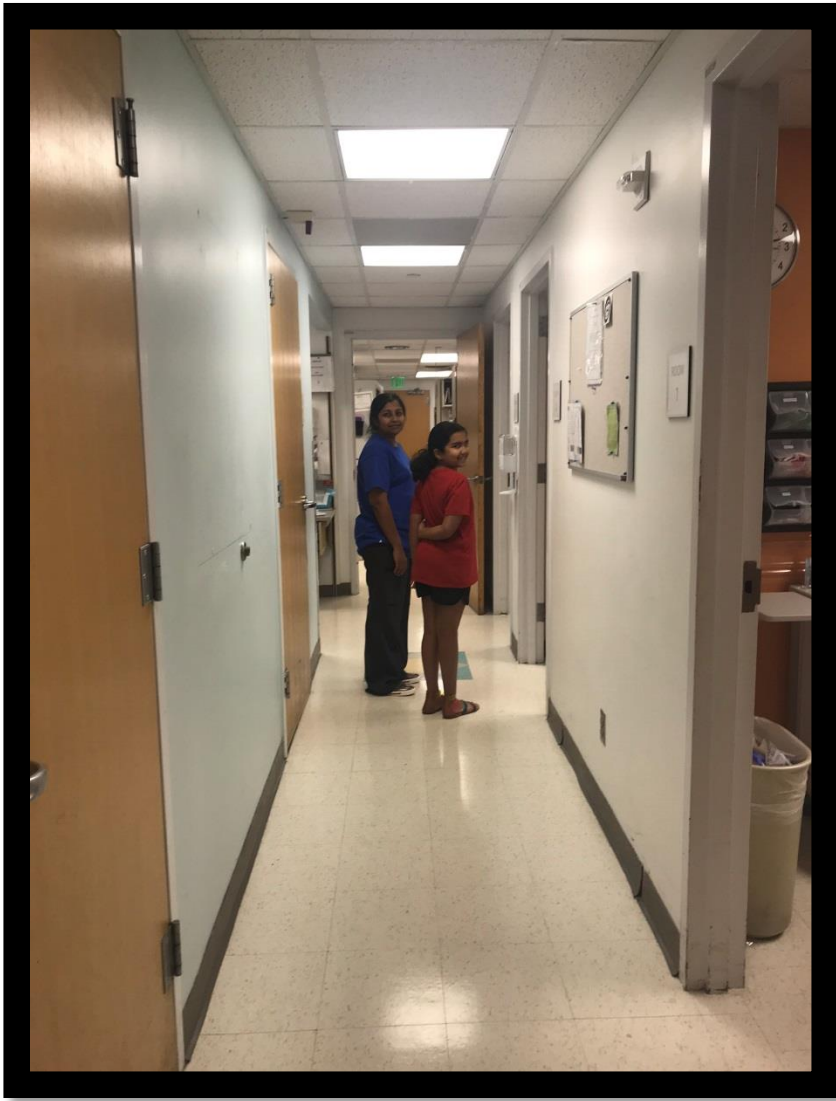


I am at the hospital today to have my blood drawn.

I may be nervous about this but I know this will help my doctors learn about my body and how healthy it is.



When I arrive at the hospital my family and I will walk to the lab area and check in at a desk.

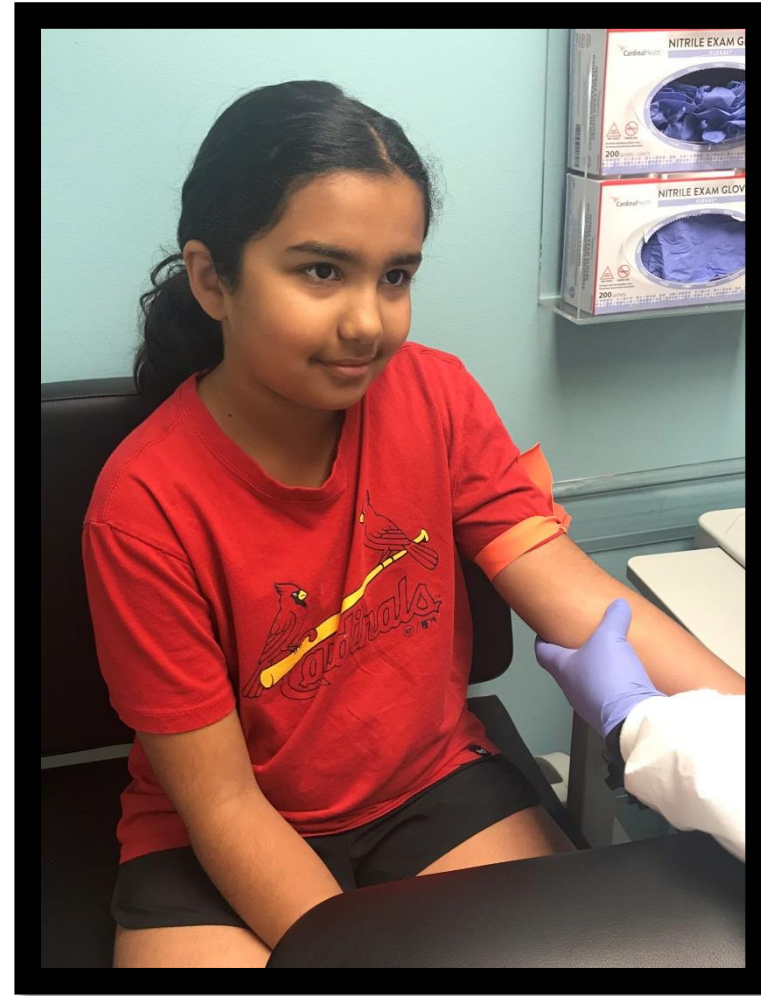


When it is my turn to have my blood drawn my family and I will walk down the hall to a room.



In the room I will sit in a chair like this.

This chair has a soft place for my arm to rest.



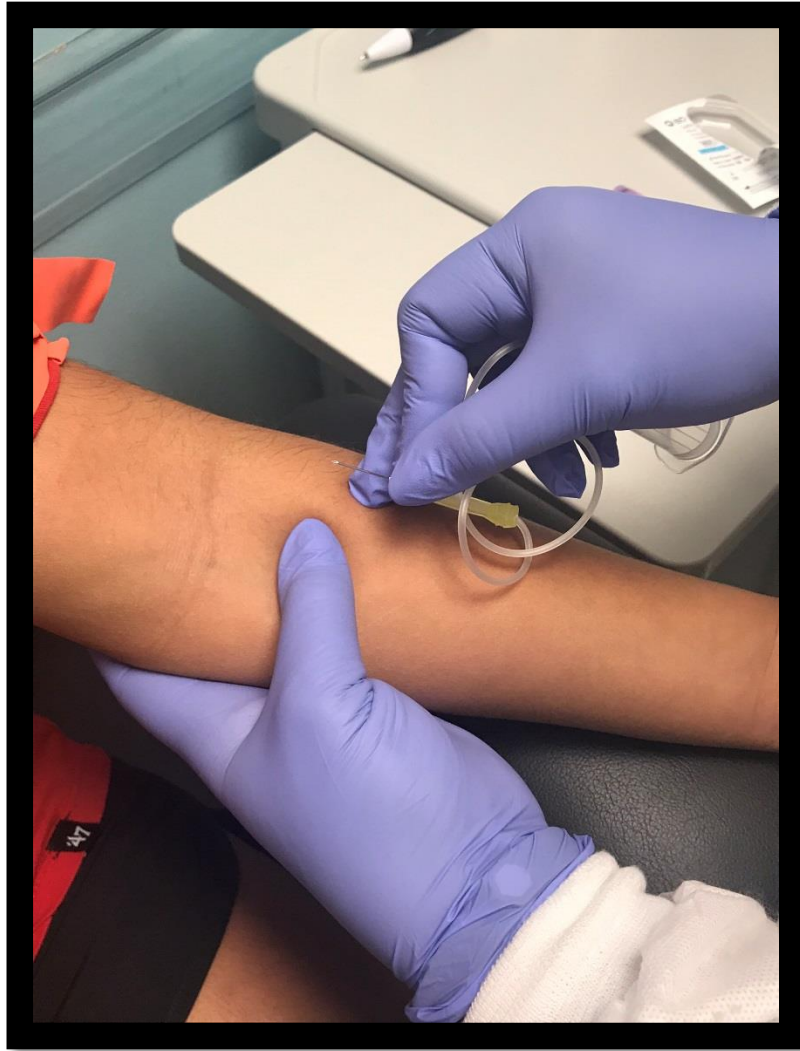
First the lab assistant will place a rubber band called a tourniquet on my arm.  
This may feel a little tight on my arm but that's ok.

I will keep my arm still because it helps the lab assistant see which vein is best for my blood draw.



Next the lab assistant will clean my skin with a small wipe.  
This may feel wet on my skin.

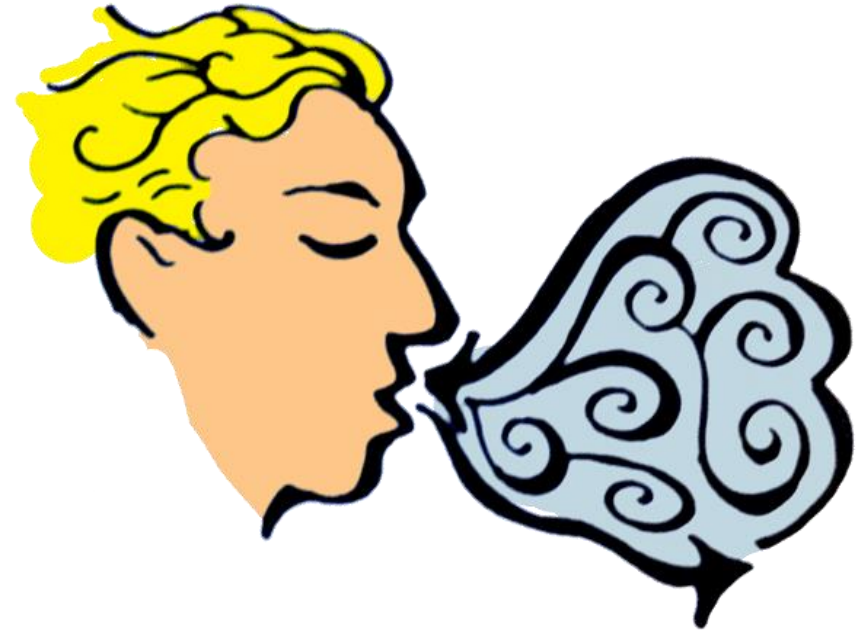
This helps get rid of any germs that may be on my skin.



The lab assistant will use a small needle to draw my blood.

This may feel like a pinch on my skin.

My big job is to stay still.



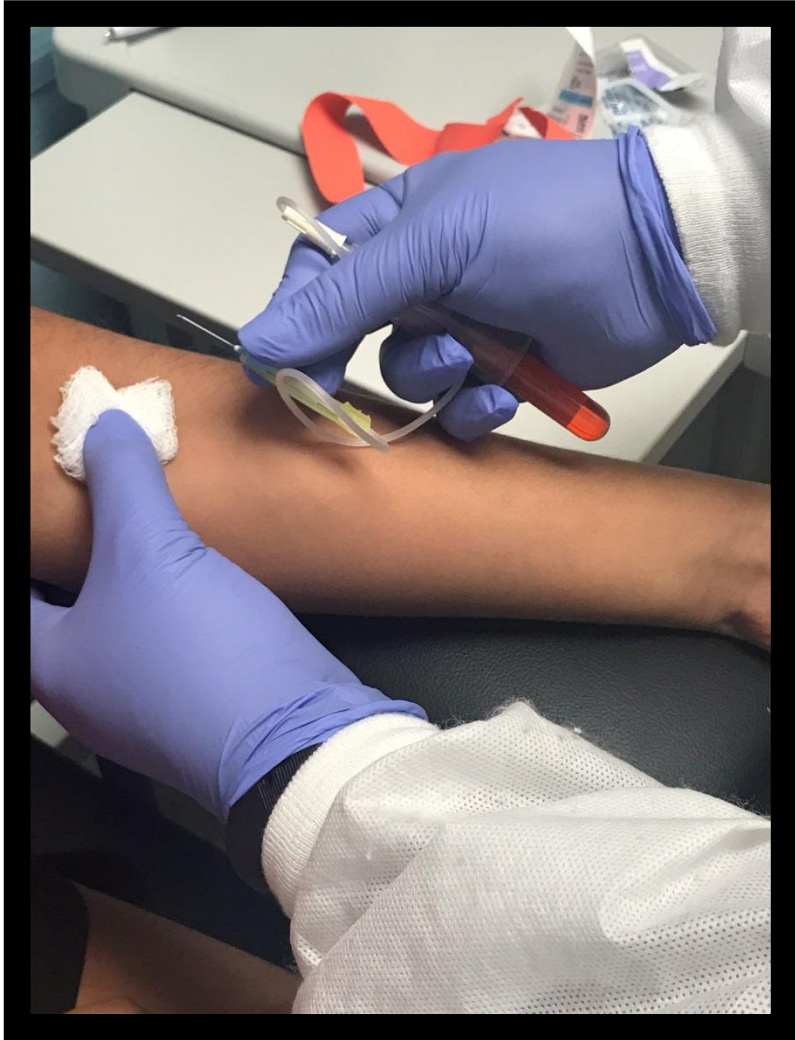
I can take big deep breaths to help me stay calm.

If I have an ipad or phone I can also listen to music or watch a video to help me stay relaxed.





The lab assistant will collect a few drops of my blood in tubes that look like this.



Once the lab assistant is done they will remove the needle.



They will place a band aid on my skin.



All done



I am all done.



I may be wondering when my lab results will be ready.

Each test is different.

My doctor will let my family and me know when my results are ready.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)