This form can help blood draw staff learn how to support your child during a blood draw. Share this form with the blood draw staff when you arrive. For additional help, contact ABCconsultteam@childrensnational.org or call 202-476-2884.

My Blood Test Plan

Message for the blood draw person (mark all the boxes that apply):

☐ Waiting is very difficult for me; let my parent know how long the wait time may be.
☐ I need a quiet place to wait, especially away from other people and noise.
☐ Prepare supplies before I am in the room so I do not see and hear the noise from unwrapping.
☐ Cover the blood draw supplies so that I do not see them.
☐ I may be curious and want to explore the room and tools you will use. If I cannot touch, please keep items out of my reach and keep drawers and cabinets shut/locked.

For waiting time, I will bring:

☐ __________________________________________

Getting ready for the blood draw, I want to (mark all that apply and fill in the blanks):

☐ Know what is available to minimize feeling the poke (Ask about freeze spray, lidocaine cream, buzzy, etc)
☐ Sit in the chair by myself.
☐ Sit in ______________’s lap.
☐ Look at a visual schedule so I can understand the steps.
☐ Ask my blood draw person to count before the poke.
☐ Watch and learn.
    □ Hear all of the steps right before they happen.
    □ Just watch and not hear what is going to happen.
    □ Know if there is a job I can help with.
    □ Have _____________ hold my hand.
    □ __________________________________________

☐ Not watch. Instead, I will:
    □ Look away.
    □ Pay attention to a handheld tablet/game.
    □ Imagine I am somewhere else doing something I like.
    □ Take slow, deep breaths. When I breathe out, I will “blow” away feelings I don’t like.
    □ Have _____________ hold my hand.
    □ __________________________________________

When it is over:

☐ I want to hold the piece of gauze in place.
☐ I would prefer a Band-Aid or a stretchy arm wrap. (circle one if there is a preference)
☐ I would like a reward (parent can plan the reward) __________________________________________

My jobs:

☐ Keeping still and staying safe and finish the blood draw faster!
☐ Afterwards, my parent and I can make changes to my blood draw plan if needed for the next time.