

GETTING MY BLOOD DRAWN

I can do it!

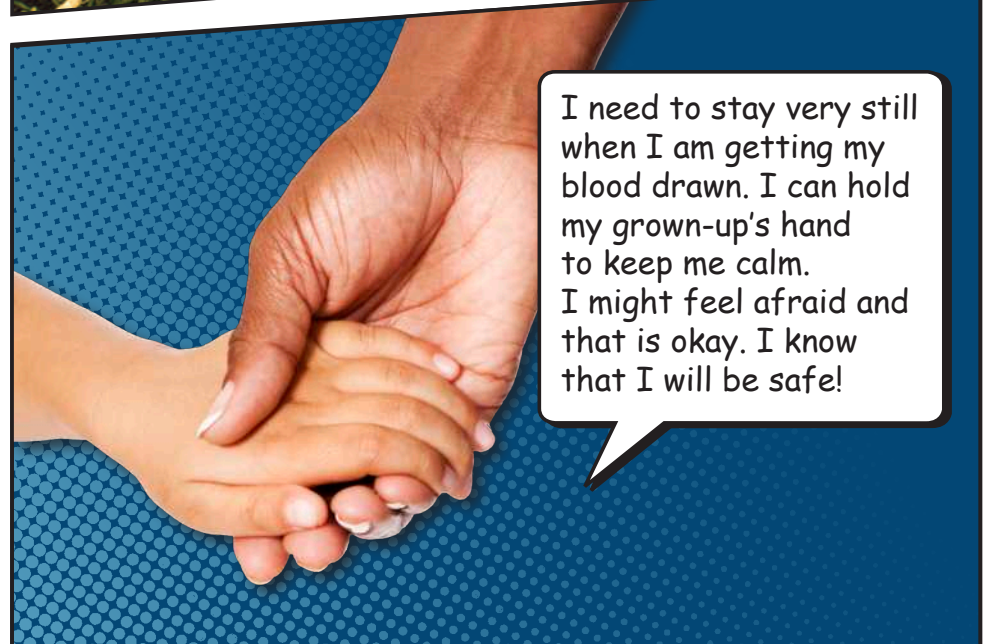
A social story to help children prepare for the process of a blood test.

EVANGELICAL™

I am going to the hospital to get a blood test. My doctor wants to make sure I am healthy!



I need to stay very still when I am getting my blood drawn. I can hold my grown-up's hand to keep me calm. I might feel afraid and that is okay. I know that I will be safe!



When I get to the hospital, I might have to wait in the waiting room. While I'm waiting, I can play or read.



When it's time, a person wearing scrubs will come and get me and my grown-up. Scrubs look like pajamas! The scrubs help me to know that they work at the hospital.



I will go to another room with my grown-up and the person wearing scrubs. I will get to sit in a weird looking chair!

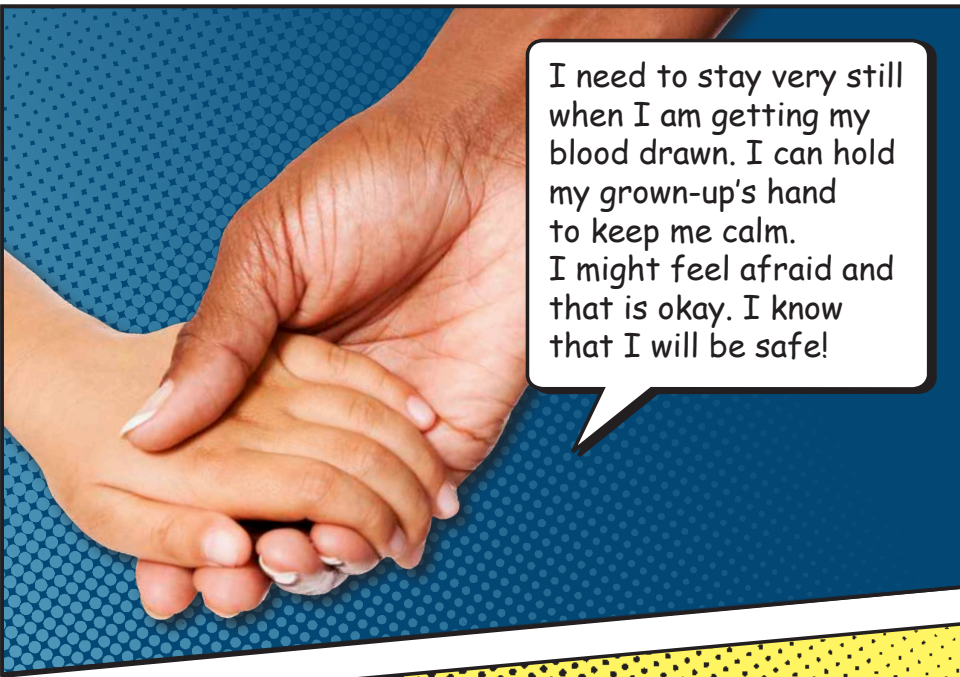
The person who will draw my blood is called a...

PHLEBOTOMIST

That's a big silly word! They want me to feel safe and calm while I'm here.



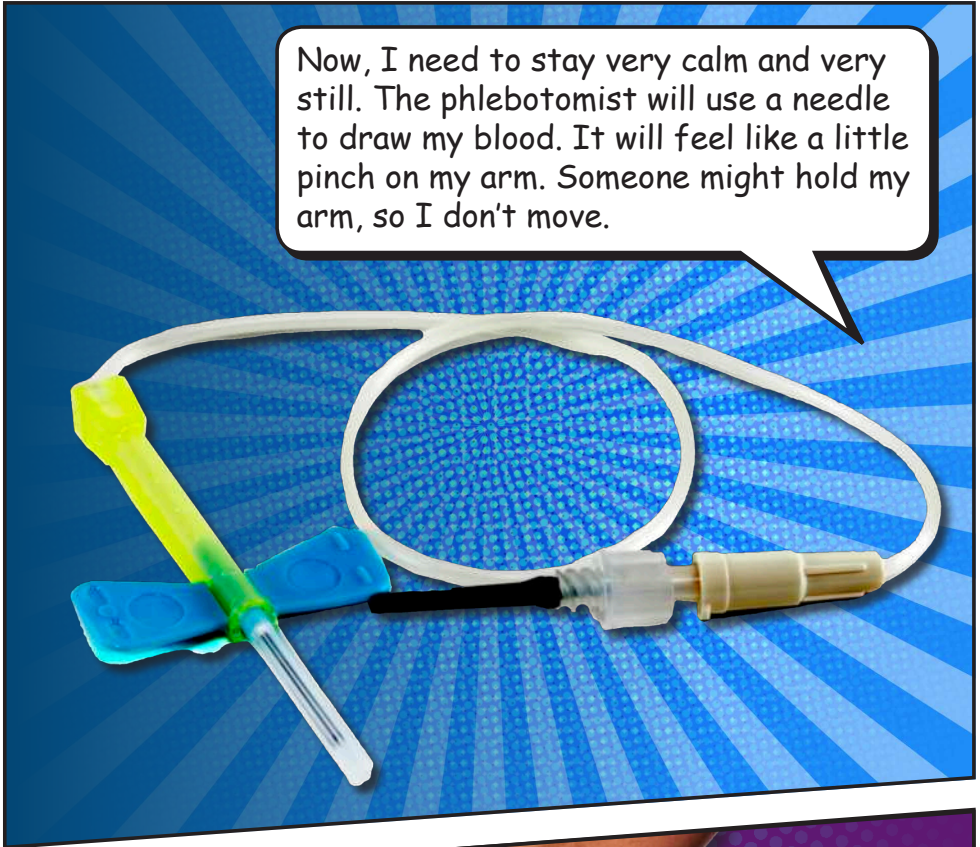
The phlebotomist will use a tourniquet on my arm. It looks like a giant rubber band. It might feel tight, but it will only be on for a minute!



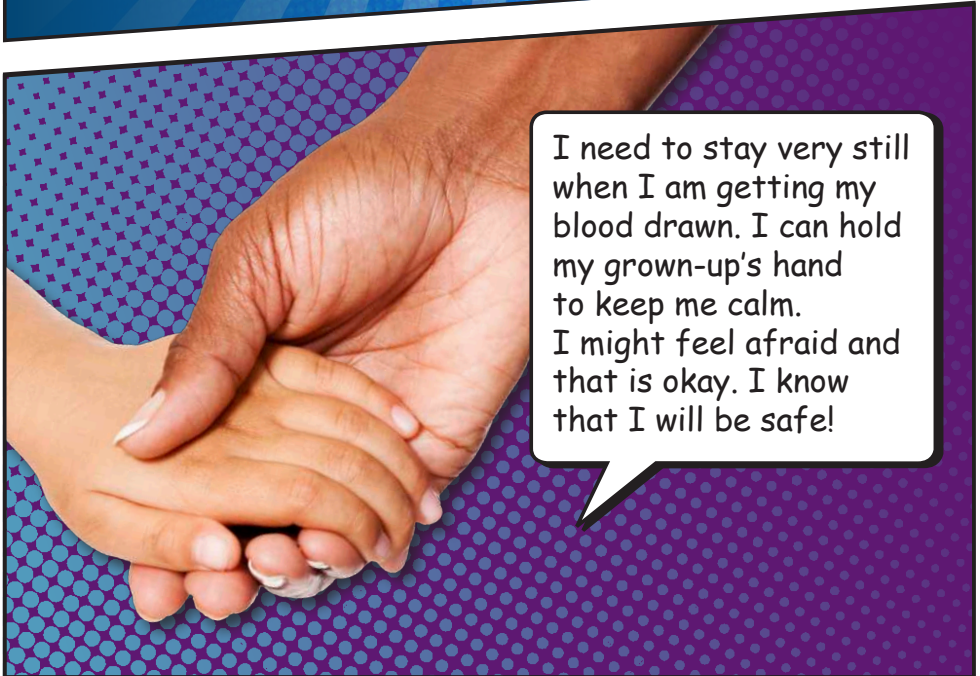
I need to stay very still when I am getting my blood drawn. I can hold my grown-up's hand to keep me calm. I might feel afraid and that is okay. I know that I will be safe!



We will get ready to draw my blood. The phlebotomist will wipe my arm with an alcohol wipe. It will feel very cold! They clean all of the germs off of my arm to keep me safe.



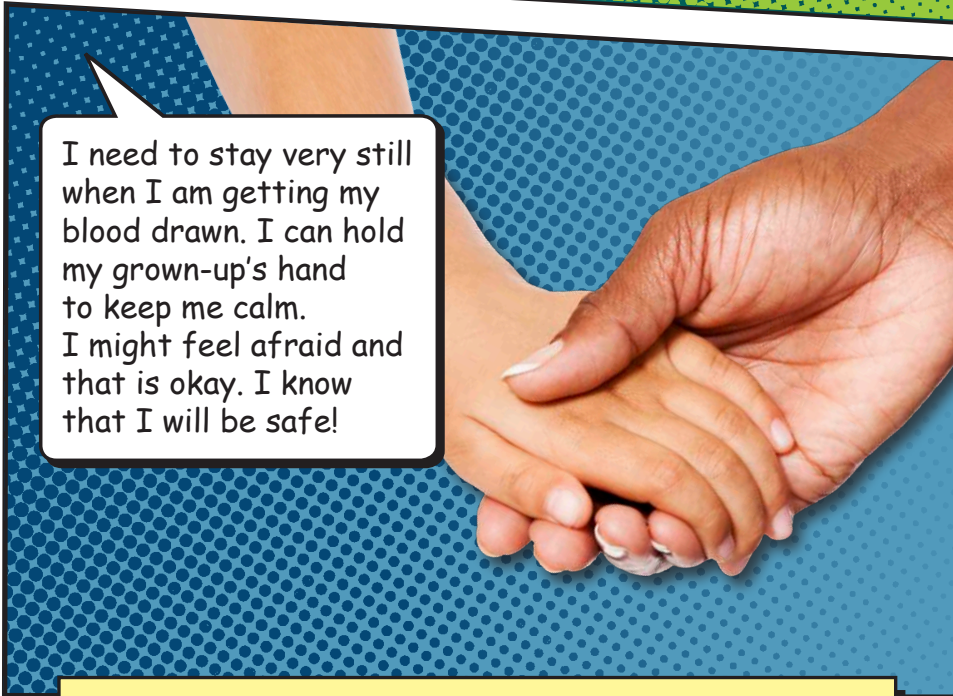
Now, I need to stay very calm and very still. The phlebotomist will use a needle to draw my blood. It will feel like a little pinch on my arm. Someone might hold my arm, so I don't move.



I need to stay very still when I am getting my blood drawn. I can hold my grown-up's hand to keep me calm. I might feel afraid and that is okay. I know that I will be safe!



After the little pinch of the needle, the phlebotomist will use a tube to collect the blood. They will take the tourniquet off, which feels good!

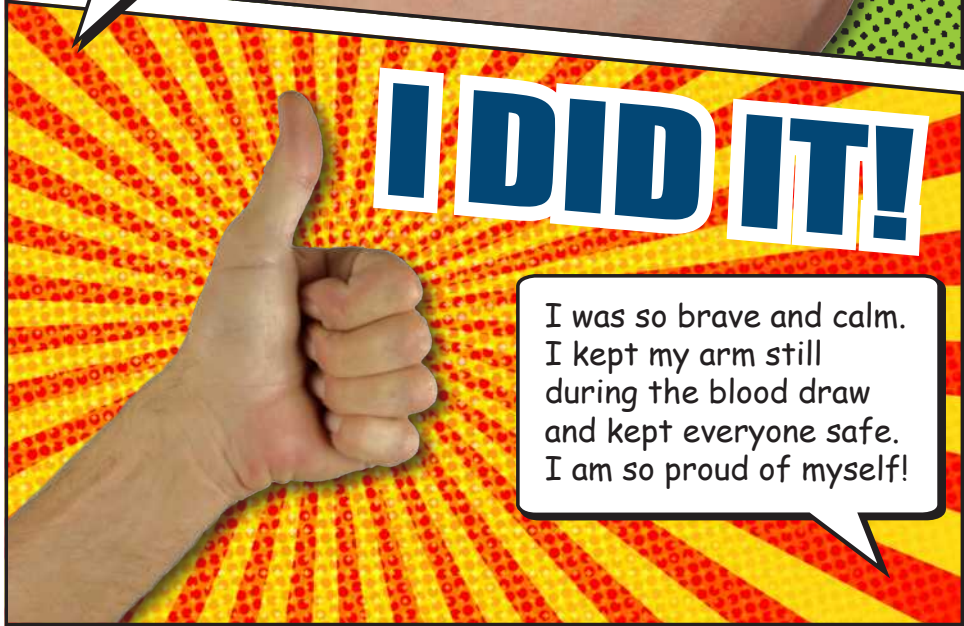


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I'm almost done!



After they finish drawing my blood, they will take the needle out and give me a band-aid. I even get to pick out what my band-aid looks like!



I was so brave and calm. I kept my arm still during the blood draw and kept everyone safe. I am so proud of myself!

For special needs considerations, call the Phlebotomy department at 570-522-2523.



In collaboration with
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