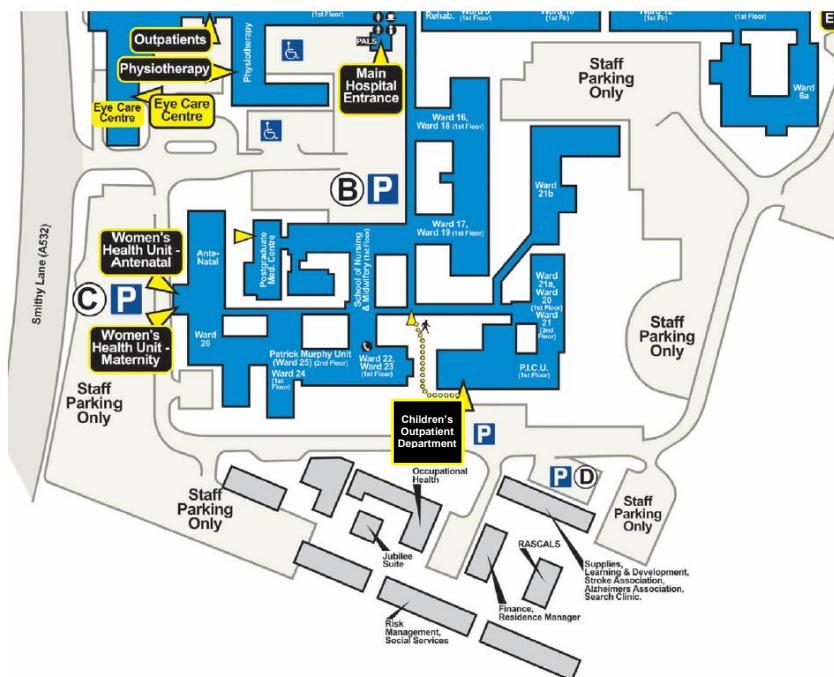


Directions and parking

You can park for up to 25 minutes free of charge outside the Children's Outpatient Department. Over 25 minutes you can park on Car Park C, which is a pay and display car park.



This leaflet is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612288.



Blood Test at the Children's Outpatient Department

Important information for patients



This leaflet is designed for the benefit of adults to read. However, there are no problems if your child wishes to read this leaflet.

How to book your appointment

Contact the Children's Outpatient Department on 01270 612288 Monday to Friday 9.00am – 5.00pm. Your child's appointment will be made for a Wednesday and the staff will need your child's name, date of birth, GP practice and whether or not your child will require an early appointment, such as for a fasting blood test.

On the day of the appointment

Your child's GP may prescribe you some EMLA cream (magic cream) that is used to numb the area of the skin, where it has been applied, for a short amount of time. If they do not we will discuss with you the options of numbing cream or numbing spray which we can apply.

If your GP has prescribed the cream it should be squeezed onto your child's skin, either on the inside crease of the elbows, or on the backs of the hands. We suggest that the cream is applied in a circular area with a diameter of about 18mm (size of a 1 pence piece) and depth of about 5mm. This should be done 1 hour prior to the appointment. Once the cream is applied cover it with a clear dressing, if prescribed, or cling film, loosely wrapped. See the manufacturer's instructions enclosed.

What will happen during the test?

Hand the blood form in at the reception desk in the Children's Outpatient Department.

If on arrival EMLA cream has not been applied, a member of staff will discuss an alternative dependent on your child's level of development and age. This may mean a 30 minute wait for numbing cream. Numbing spray, which numbs the area of skin it is applied to, is very cold and works instantly.

Following this, the Nurse will introduce themselves and talk through the blood test procedure at a level suitable to your child's age and level of understanding.

If numbing cream has been used your child will wait the prescribed length of time that the cream takes to work. Your child will then be called into the treatment room where the cream will be removed.

Once the Nurse has decided on the best area of your child's skin to perform the test, they will then position your child on the chair so that they are comfortable but unable to see the test being performed. Your child can sit on your knee or by themselves as they choose. Staff will provide some form of distraction that is suitable for the child's age and level of understanding. This can include a iPad with games on, toys, storybooks, sensory equipment or simply talking, offering reassurance and support.

Once finished, a plaster will be applied to the particular area and the Nurse will discuss when and how to obtain the test results. You and your child will then be able to leave.

General advice

If you have any questions, please ask the nurse. After discharge you may contact the Children's Outpatient Department on 01270 612288 Monday to Friday 9.00am – 5.00pm.