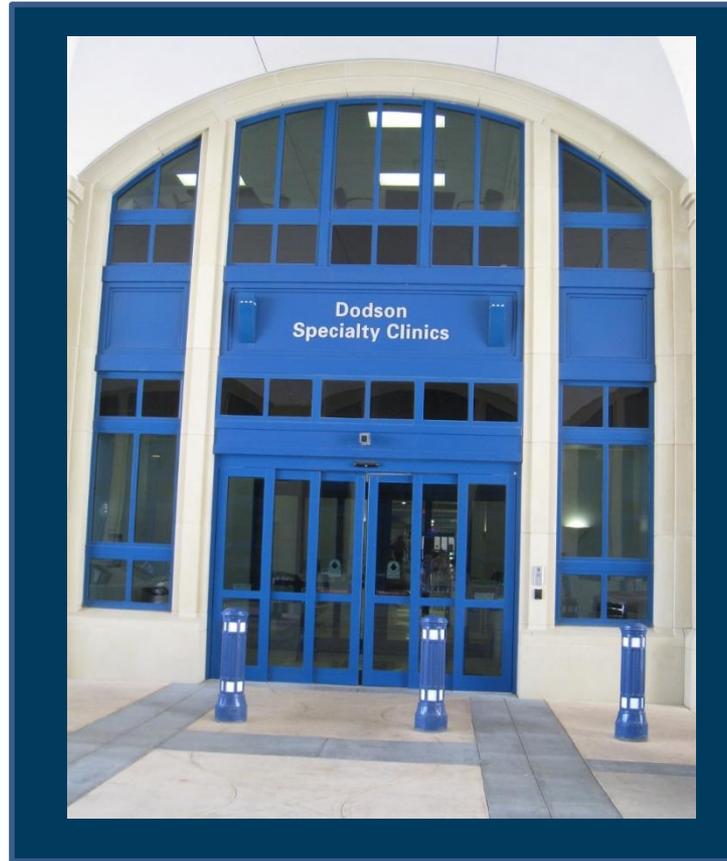


My Visit to the Hospital Lab



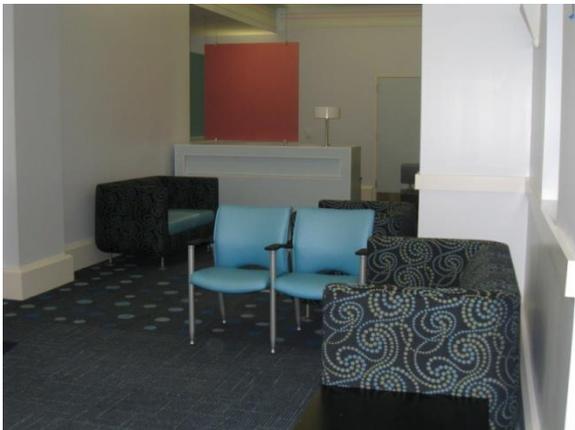
CookChildren's

Checking In....



When I come to the hospital lab, I check in at the desk.

I wait in the waiting room with other kids and their families.



I can bring things from home to play with while I wait.

Going to my room....



A lab assistant takes me to my room.

I sit in a tall purple chair. My family member can sit with me if I want.

I meet some of the people in the lab.



A lab assistant will do my lab test today.

I meet some of the people in the lab.



The **child life specialist** has toys for me to look at during my lab test. She helps me to stay calm and still.

Sometimes I feel worried about coming to lab. Learning about the lab test helps. Then I feel better.

Starting my lab test



The lab assistant puts a stretchy rubber band on my arm.

The rubber band gives it a tight squeeze.

This rubber band goes over my sleeve. It does not touch my skin.



The next step...

The lab assistant feels my arm with their fingers to find the best vein.

A **vein** is a blue line on my arm.

It is important to hold my body very still.



The lab assistant cleans my arm with a small wipe. It feels cold and wet.

Next...

Buzzy is put on my arm.

Buzzy is cold and he tickles.

Buzzy helps me not to feel the poke so much.

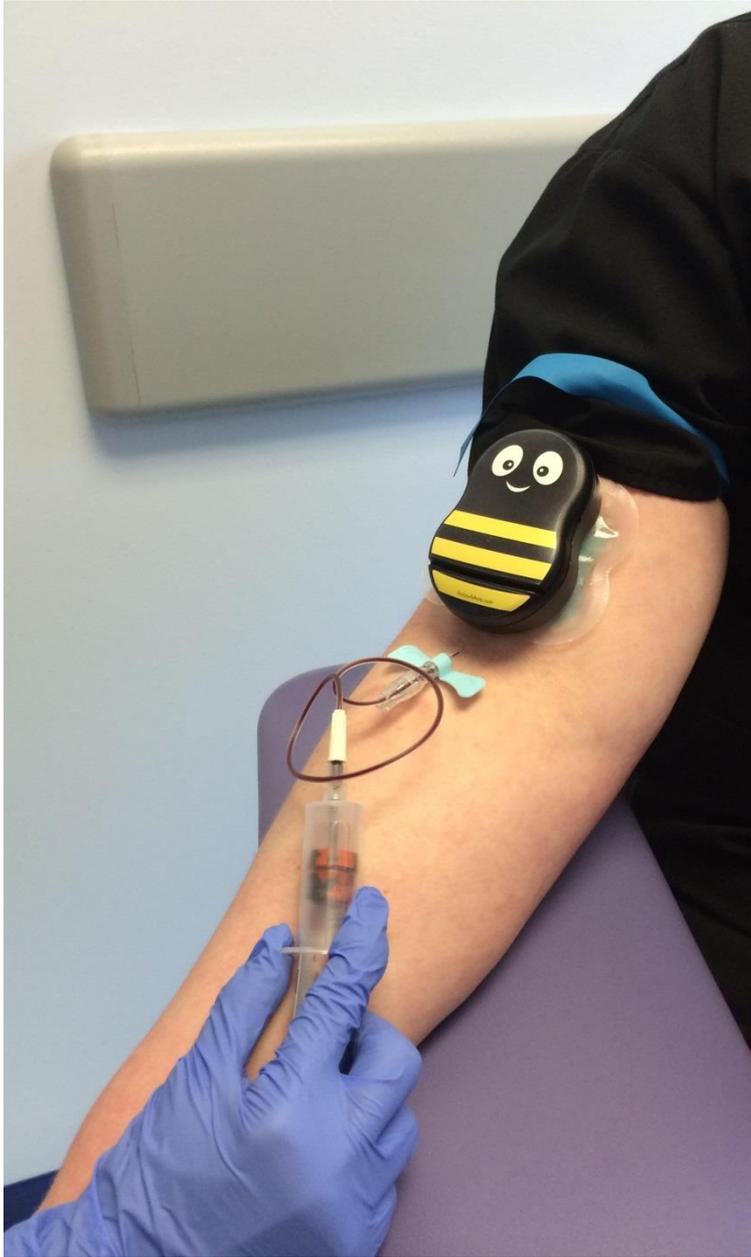


The next step
is...

The lab tech sprays
my arm with **cold
spray**. It feels like
ice.

It also helps me not
to feel the poke as
much.





The lab tech does my blood test. It feels like a pinch or a **small poke**. I see blood in the tube.

I help by holding my arm still. I watch the poke, or I look at a toy or play a fun game with the child life specialist.

The lab assistant counts 1,2,3 and the poke comes out. I hear a click sound.



Then, they put a band-aid and some soft cotton on my arm.

I am proud I held still during my lab test!



At the very end, I pick out a sticker and a lollipop.

I am all finished with my lab test!