

## WHAT IS A BLOOD DRAW?

### BLOOD DRAW BASICS



A blood draw, or blood test, is done when a doctor wants to find out more about your health. A needle is used to take blood from a vein in your arm or hand.

### STEP ONE

Your nurse will tie a stretchy rubber band around your arm that will feel tight. This will help your nurse find a good vein for your blood draw.



### STEP TWO

Your nurse may tie the rubber band in a few different places. They will use their fingers to feel the skin on your arm and hand as they look for the biggest vein.



### STEP THREE

Once your nurse has found the best vein for your blood draw, they will clean your skin with a cold, wet sponge or wipe. This gets rid of germs.



### STEP FOUR

Now your nurse will gently slide a tiny needle under your skin. You might feel a pinch, but that feeling will not last forever.



### STEP FIVE

A small amount of your blood will go into the tubing connected to the needle. A syringe or clear tube with a colored cap will collect your blood.



### STEP SIX

Your nurse may need to collect blood in more than one syringe or tube. They will not take too much blood. Your body will make more blood to replace what was taken.



### STEP SEVEN

Your nurse will remove the needle from your arm. They will put a band-aid or stretchy wrap on your arm where you felt the pinch.



### HELPFUL HINTS

While you are getting your blood drawn, you can sit with a grown up, watch tv or a video, play a game on a phone or tablet, and use Buzzy to help you not feel the poke too much.

