

Getting My Blood Drawn at the UC Davis Mind Institute



I get to go back to UC Davis Mind Institute after my visit with them on May 22, 2015 to get my blood drawn! We will go in June or July, and if I do an awesome job and sit very still I can choose a movie on the iPad or a toy from their gift basket!!



When they are ready to draw my blood, I will sit in a nice, comfy chair and mom or dad can hold my hand.



The nurse will bring out gloves, alcohol wipes, tubes to collect my blood and a needle that helps the blood go into the tubes.



The nurse will wrap a band around my arm. This may feel different but does not hurt me.



The nurse will hold my arm and tap the inside of my arm to find the best spot to draw my blood.



They will wipe the best spot with an alcohol wipe to clean it. The alcohol may smell funny but it does not hurt me.



They will insert the needle into my arm. It is very important that I do not move my arm so they can put the needle in without hurting me. A helper may hold my arm down. The nurse will press down on my arm and I will feel a small pinch, but it will not hurt. My mom or my dad will be there with me!



I can look at mom or dad, close my eyes, or count to ten elephants if I don't want to look. I can also look at pictures in a book instead.



The blood will go from my arm to into the needle. Then the blood will go from the needle through the thin tubing into the collection tube.



The nurse may need to fill more than one tube and that's ok. After they finish filling the first tube they will remove it and attach a new empty tube. It is important that I keep my arm still while the nurse holds it.



The nurse finished filling the collection tubes! They will place a cotton ball over the needle in my arm. They will gently remove the needle from my arm and hold the cotton ball on my arm.



The nurse will put a band-aid over the cotton ball. I am all done and did a great job! Mom and Dad are so proud of me and I get to choose a movie on the iPad or a toy from a gift basket!! I am big and strong! YAY!