

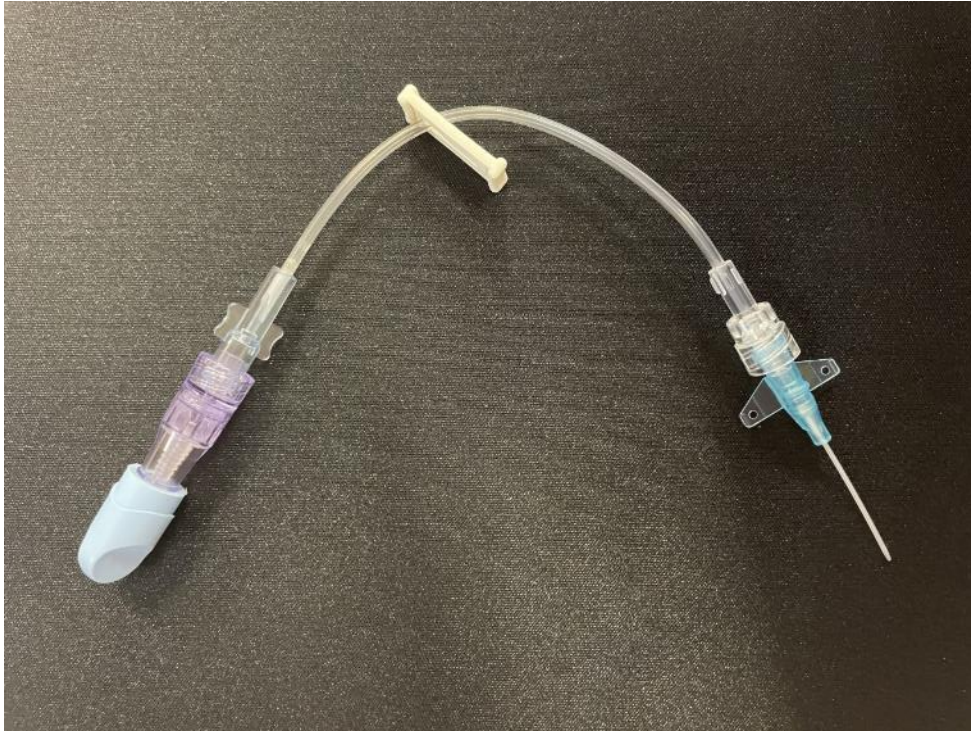


Getting an IV

This is a book about getting an IV. Kids need IVs for many different reasons. You might need an IV during your visit to Phoenix Children's.



An IV is a soft plastic straw that is put in one of your veins to give your body medicine, a drink of water, or picture water for tests. Your veins look like blue lines and carry your blood all around your body. We will look at and touch your hand and arm to find the best vein in your body for your IV.



See the blue line? That is a vein!



You will sit on a bed or chair while we put an IV in one of your veins. Some kids choose to sit by themselves while other kids choose to sit with a grownup.



Which will you choose?

To help us see your veins better, we will tie a band called a tourniquet around your arm. The tourniquet feels like a tight squeeze on your arm. Some kids think it is like a big rubber band.



Once we find the very best vein, we will clean that spot on your arm with cold soap.
The cleaner is a stick with a soft, wet sponge on the top.



After we clean, we might spray medicine on your skin to make it numb and sleepy. This medicine is called a j-tip and it makes it so that you don't feel as much when we put the straw under your skin. The j-tip makes a noise when it sprays – some kids think it sounds like a soda can opening or a rocket ship taking off! We will ask you to close your eyes or look away when it sprays.



If your nurse sprays your skin with a j-tip, they will clean again after the spray.



Your job is to hold very still to help us with your IV. Someone can help you hold still if you need it. We will gently slide a tiny needle with a straw over it under your skin. Kids say it feels like a push or a little pinch. Some kids like to watch but other kids like to look away.



Do you think you will want to watch or look away?

It helps to take slow, deep breaths to relax your body. You can squeeze a stress ball or your grownup's hand if you'd like. Some kids choose to count, watch something on their tablet or grownup's phone, or listen to music.



What will you do?

Once your straw is in the right spot, we will gently slide out the needle and only the tiny straw will stay in your vein. To make sure your IV is working, the nurse will put a little water in your straw using a plastic tube called a syringe. Some kids say the water feels cold in their arm but others don't notice it at all.



We will put stickers and tape over the straw to keep your IV in the right spot for as long as you need it. After we finish taping, you are done. Way to go!



Kids don't leave Phoenix Children's with an IV. So, after we are done using your IV, we will gently take off the tape, slide out the straw, and put on a bandaid.

