



# Lab Draw



Sometimes doctors need to test your blood to see what is happening inside your body. This test is called a lab draw. Your lab draw will be at the Sonora Quest Draw Station on the second floor of the hospital.



First you turn in paperwork to let the staff know that you are here. Then you can read, watch a movie, play a game, or talk with your grownup while you're waiting for your turn. When they are ready for you, the lab tech will call your name.





The tech will take you and your grownup into the lab room. You will sit in a chair with a little table for your arm. Some kids choose to sit by themselves while other kids like to sit with their grownup.



What will you choose?



Now the tech's job is to look at and touch your arm to find the best vein in your body for your lab draw. Your veins look like blue lines and carry your blood all around your body. The tech may ask you which arm you would like them to look at first.



Next the tech will tie a big rubber band around your arm to give you a tight squeeze and help your veins to show up even better. The band is called a tourniquet. Once the tech finds the very best vein, they will clean that spot on your arm with cold soap.



Your job is to hold very still to help the tech draw your labs. Someone can help you hold still if you need it. The tech will gently slide a tiny needle under your skin. Kids say this feels like a pinch. Some kids like to watch but other kids like to look away.



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



Now the tech will use a tube to collect a small amount of your blood. 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, sing a song, or listen to music.



What do you think you will do?



Your lab draw is almost done. Once the tech has a small amount of your blood, they will put a soft piece of cotton on your arm and slide the needle out. The tech will put a small piece of tape over the cotton like a bandaid.



Now you are done with your lab draw. The tech will walk you and your grownup to the door. You did it!



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