**CHILDRENS BLOOD TEST**

A Parent/Carers guide to the procedure

* Email: [bchopphlebotomy@uhbw.nhs.uk](mailto:bchopphlebotomy@uhbw.nhs.uk) or phone 0117 342 7049 to make your appointment
* Obtain a prescription from your GP for 2 tubes of Ametop/ LMX 4/ Emla before Tegaderm film and 4 dressings.

**On the day of your appointment**

* Please report to Carousel Outpatients, Level 3, Bristol Royal Hospital for Children
* Make sure you have a blood request form from your GP (as without it we are unable to take the blood)
* Make sure your child drinks plenty before attending the hospital
* Apply cream an hour before your appointment time
* During the procedure you will be required to hold your child firmly to prevent them moving

**How to apply the Ametop / LMX4 / Emla or similar**

* Use half a tube to the back of each hand and in the creases of the elbow. It helps the process if their hands are warm.

A picture containing hand, finger, white, black and white

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**Cover with Tegaderm Film (or cling film) as follows:**

* Remove backing paper
* Apply sticky area over cream
* Remove edging

*We know this may be a worrying experience for you and your child, but please be assured we aim to make it as relaxed and pleasant as possible.*