



Having A Blood Test

- **A blood test is when a small bit of blood is taken to find out things about you.**
- **A nurse or doctor uses a special needle to take the blood, usually from the arm.**
- **It is usual to feel a little scratch when having a blood test but this only lasts a second or two.**
- **It only takes a few seconds to take the blood needed and so it is over very quickly.**
- **No one really likes having a blood test and it is OK to feel a bit scared before. You will be OK.**
- **Reading a book or playing a game can sometimes help while you wait.**
- **When it is time for the blood test it can often help to look away and talk about something else.**
- **It is important to have blood tests. They are not nice but they usually take only a few seconds and you will be OK.**

