

# Having a blood test



A social story by Blue Sky Community Services

This social story is about  
having a blood test.

This experience can feel a  
little different when it is  
new to you.

We hope this story helps  
you prepare for having a  
blood test.

Sometimes I might need to have a blood test to check how healthy I am.



The blood test results tell my doctors important things about me, so they can help me to feel healthy and happy.

I might need to wait in the waiting room for a little while before I have my blood test.



I might see other people waiting for their blood test, and I might see people who work there too.

It's okay if I feel nervous. Some sensory tools might help.

When it's my turn to have my blood test, I will go into a little room with the person who will do the test.



It's okay for the person supporting me to come into the room and sit nearby.

I will probably sit in a big chair or lie on a bed. I will lay my arm out so my palm faces upwards. I should just let my arm relax.



The person doing the test will talk me through this, and it's okay to ask questions if I need to.

The person doing the test might ask some questions before we start.



If I'm feeling nervous or worried, it's okay to tell them. They will understand and support me.

When we start, the person will wrap a band around the top of my arm. This will feel tight, but it won't hurt.



The person will look for a healthy vein in my arm to draw my blood. I might need to make a fist a few times to help them.

The person might use a wipe to clean my arm where they will take the blood. The wipe might feel cold and it might have a strong smell.



The person will get the needle and vials ready to take my blood.

I might not be worried about the needle, or I might feel scared of the needle. That's okay, because lots of people are scared of needles.

Be Brave!  
You can do anything!  
😊

I'm going to be brave because the blood test needle doesn't hurt much. It only feels like a little sting and it's over very quickly.

If I need to take a break, that's okay, I can ask the person to stop for a minute.



When I'm ready, the person will gently put the needle in my arm and take the blood. The little sting will be over very quickly.

It's really important that I stay very still while the needle is in my arm.

HAPPY

I don't have to watch when the needle is in my arm. I might find it easier to be brave by looking away and thinking about something that makes me happy.

When the person takes the needle out, they will put a bandaid or a little piece of cotton and tape on my arm.



I should feel much better now that the test is finished, but if I don't feel good, it's very important I tell the person.

When I'm feeling good I can go home.



I will feel very proud of myself for being so brave!



If I start to feel overwhelmed at any time while having a blood test, that's okay. I can let someone know and they will help me.

We hope this social story helped you prepare for having a blood test.

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