

Blood Draws

Lana Hi, I'm Lana....

Lucy ...and I'm Lumina.

Lana Today we're here to talk to you about blood draws.

Lumina Your blood can tell a very important story about your health.

Lana Sometimes we need to "draw" small amounts of blood so that we can understand what's happening inside you.

Lumina Here's how it works...

Lumina As you may already know, your heart pumps blood throughout your body.

Lana The red ones are arteries. Blood in arteries is red because it's full of oxygen. Arteries carry blood from the heart and lungs to deliver oxygen, nutrients, fluids, and more everywhere your body needs them.

Lumina The blue ones are veins, and they carry blood back to the heart and lungs. Blood turns blue after the body has used up the oxygen.

Lana We usually take a small sample of blood from veins instead of arteries. Here's how I do it.

Lucy You will feel a squeeze when the nurse puts this band on your arm.

Lana This helps me find the blue veins more easily.

Lucy Sometimes your nurse may ask you to make a fist or squeeze a ball.

Lana We use a very small needle -- usually one called a butterfly needle -- to take a sample of blood.

Lucy The most important thing you can do is hold your body still and take slow, deep breaths. (Record Lucy taking breaths)

Lucy I'm going to tell it to you straight... you will feel a small poke when the needle goes in. Some kids like to watch. Other kids prefer to look away and concentrate on something else.

Lana Some kids like to play with an iPad or hold their parent's hand. You can ask for the child life specialist if

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you'd like some extra help.

Lana These small samples help us decide how to care for you.

Lucy So they really are important. Thanks for being so brave and keeping your body so still!