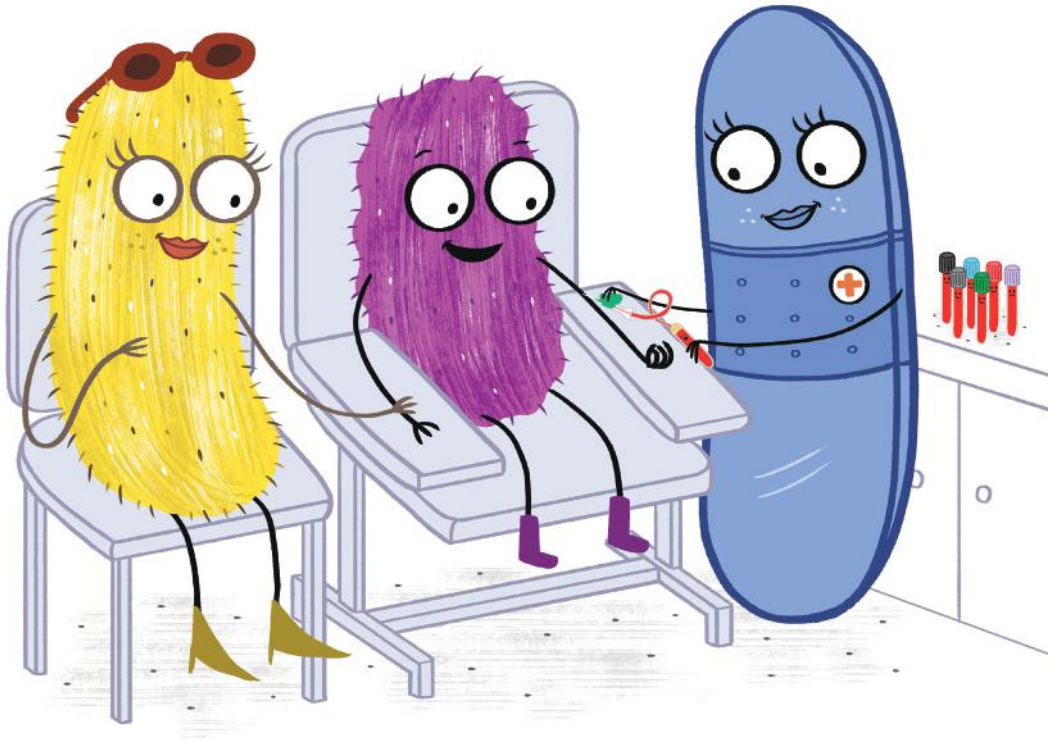


COMFORT PLAN

for Blood Tests

Getting a blood test is a really important part of keeping you healthy.

The good news is that there are great ways to make the whole process easier.

PARENT'S GUIDE!

You know you best, so
choose the ways you want to be
more comfortable and in control!

PLAN ONLINE WITH SUPERMEG!

Meg Foundation
MEGFOUNDATIONFORPAIN.ORG



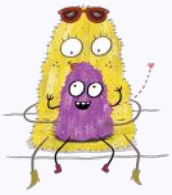
What's Buzzy?

Buzzy's vibrations block the pain signal so you don't have to feel the poke!



What's numbing cream?

It's a cream that you put on 30-60 minutes before the poke that numbs your skin!



What's Comfort Positioning?

It's a great way to keep our body comfortable and calm while we do a medical procedure.

Picking the best spot on your body is a team decision with your helpers because they are really good at figuring out which places can make it easiest. AND your opinion matters too! If there is a choice, what would you prefer?

☐ Left arm ☐ Right arm

☐ Other: _____

Being in a comfortable position with people we trust really helps! What position do you want?

☐ On _____'s lap

☐ Next to _____

☐ Laying down ☐ Sitting up

☐ Something else: _____

COMFORT POSITION GUIDE

There are a bunch of ways we can stop the bother of a poke before it starts! If they are available, what would you like to use?

☐ Numbing cream

☐ Vibration

☐ Cold Spray

VIBRATION VIDEO

NUMBING CREAM VIDEO

You already know how good you are at blocking out the world when you are focused on something you really like. It's like a superpower! What would you like to focus on before and during?

☐ Video: which one? _____

☐ Book ☐ Toy ☐ Music

☐ Talking to _____

☐ Something else: _____

Breathing is a great way to turn down pain signals and anxious feelings. As you take those good, deep breaths, do you want...

☐ Someone to breathe with you?
Who? _____

☐ To watch a breathing guide video?

☐ Nothing... I'll do it myself!

BREATHING VIDEO GUIDE!

Some kids like to watch the poke and others would rather focus on something else. Which works better for you?

☐ I want to watch the poke

☐ I want to focus on something else: _____

Do you want to be told what is going on before and /or during the poke?

☐ Yes, before

☐ Yes, during

☐ No...I'd rather just pay attention to something else: _____

If you do want to be told when the needle goes in, what words do you want used to let you know?

☐ 1-2-3 count

☐ Something else: _____

Too many voices can feel overwhelming. While the helpers might need to talk to each other, who do you want to talk to you? Who would you like to be quiet?

People who talk: _____

People who stay quiet: _____

Your trusted adults are great supports! What would you like them to do to help you feel more calm and comfortable?

☐ Talk and distract me

☐ Rub my back ☐ Hold my hand

☐ Hold up a video to watch

☐ Something else: _____

Having something to look forward to really helps! What would you like to do / have after the poke?

_____

*And remember to remind everyone that it helps you if the **adults***

KEEP CALM :)

Found this resource useful?

Consider Donating!