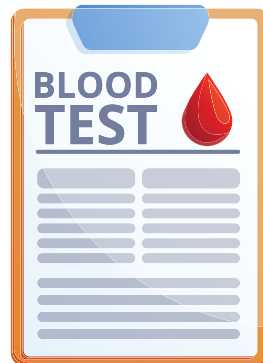


PATHOLOGY TESTING



Blood testing is extremely important so we can see a baseline of basic nutritional deficiencies. Here are some tips to make blood tests easier for you and your child. You don't want it to be any more stressful than it needs to be.



- Go to your chemist and ask the pharmacist for Emla numbing cream. Ask pharmacist for directions on how to use it. This will numb your child's arm and they shouldn't feel the injection. If they don't feel it they won't be scared of further injections in the future.
- Call the pathology lab location before going in to let them know you are bringing your child and you would like to check they have a nurse experienced with children. You don't want to go somewhere with new nurses who are fumbling around trying to find veins. It is always worth driving a bit further away to get the right experienced nurse.
- Also check wait times as sitting in the waiting room too long can be stressful. Try to get in and out. Bring iPad or phones to help with wait times if there are any.
- ALWAYS drink plenty of water before blood tests. Dehydrated veins are harder to find! Make sure your child is hydrated.
- It is a good idea to have 2 adults present for first blood tests, you need support too!
- You may have to fast for the test. Have a snack for your child straight after the test. Something they like. A chocolate smoothie or even a home made protein ball. Something with a bit of natural sugar to release dopamine and endorphins. In particular traumatic cases I would even suggest a conventional chocolate bar can be used in this situation.
- Bring something comforting with your child like their favourite soft toy.
- Wear any easily accessible top. Short sleeves.
- If your child is a bit older and will understand explain that this test is to help them and explain the process of what will happen in the room. Reiterate that the test is painless. If they are already expecting it not to hurt, psychologically the brain will tell them it doesn't hurt. If you have a baby or toddler just pop the numbing cream on and they may not even feel it. If child is sleeping don't wake them up, they may sleep through it.
- Never invalidate feelings by telling children not cry. Just reiterate that your child is safe, everything is okay and that you love them.
- Have a fun activity planned after the test. Something your child loves doing so they associate a good memory with the day.