

**THE CONFEDERATION HILLINGDON CIC
COMMUNITY PAEDIATRIC PHLEBOTOMY SERVICE**

[FOR CHILDREN AGE 2-18 YRS]

Your GP has advised you that your child requires a blood test. Please make a note of the location, date and time of your appointment which has been made by your GP today.

*The Carepoint Practice
Northwood Health Centre
Neal Close, Northwood
Middlesex, HA6 1TQ*

Tel: 01923-820866

*The Cedar Brook Practice
11 Kingshill Close
Hayes
Middlesex, UB4 8DD*

Tel: 0208-845 7100

*The Medical Centre
6 The Green
West Drayton
Middlesex, UB7 7PJ*

Tel: 01895-442026

*The High Street Practice
20 High Street
West Drayton
Middlesex, UB7 7DP*

Tel: 01895-422292

Please remember to:

- **Bring the blood form with you to the appointment**
- **Ensure your child is hydrated (2-3 glasses of water before the appointment)**
- **If you have purchased/been prescribed emla cream please ensure it is applied at least 1 hour before appointment**

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____

CLINIC: _____

If you cannot attend as planned, please telephone your GP practice as soon as possible so that we can offer the appointment to another child. Please note if you do not attend your appointment you will not automatically be provided with another appointment and will need to contact your own GP Practice.

When you attend your appointment (Covid19 related precautions):

YOU MUST CANCEL YOUR APPOINTMENT IF YOU HAVE ANY SYMPTOMS SUGGESTIVE OF COVID19, INCLUDING COUGH, FEVER OR LOSS OF SMELL/TASTE



- **If you are otherwise well, please only 1 adult to accompany the child inside the Practice.**
- **Please wear a cloth face covering to your appointment for your protection and that of the staff assisting you.**

At the appointment:

To take your child's blood an adult must be present to help hold and comfort your child. Parental consent must be given therefore if a parent is not able to attend the appointment, you must provide a signed written note providing consent to carry out the blood test and confirm who is accompanying your child. **We are unable to carry out the blood test without this consent.**

How does the blood get taken?

Depending on the child's age, they may be asked to take a seat themselves or you will be asked to sit them on your lap and hold them during the test. The phlebotomist will place a tight strap (tourniquet) around the arm. This helps them to find the vein and makes it easier for them to take the sample of blood. They then put a needle into the vein to take the blood sample.

Following your child's blood test:

There is a possibility they may get a bruise after a blood test, every effort is made to reduce the risk of bruising. If a bruise occurs, this will normally go away in 3 to 5 days.

When will the results be available?

Your GP will advise, for most routine tests results are sent within 7 working days.

My child has been asked to fast for Glucose / Cholesterol/Lipids blood tests?

Please make an early morning appointment for the test. Children should have nothing to eat or drink for **6 hours** prior to their appointment. However they should drink two to three glasses of water from when they wake up until the test is taken. If your child has had to fast for a blood test it is recommended that you bring a snack with you to eat **after** the appointment.

EMLA Cream:

EMLA cream can provide pain relief for some children. If you have purchased or your doctor has prescribed the cream, please obtain this from your local pharmacy. You will need to apply the cream yourself in **advance of the appointment** (please read the instructions provided with the cream), it should be applied **at least 1 hour before the appointment** on the inside crease of both arms at the elbow, over an area approximately 5 cm x 5 cm and on top of both hands, then wrapped in cling film to prevent it from being rubbed off.

