

Creating Comfort During Needles

OLDER KIDS

Choosing a collection centre

Our Perth Children's Hospital (PCH) collection centre has highly experienced paediatric staff and is recommended especially if you are very unwell or if your doctor has requested urgent tests.

Some other centres offer paediatric tests, but it's important to call us first on **13 7284** to confirm suitability. Alternatively, discuss the best option with your doctor.

Numbing

To experience pain, a pain signal has to reach our brain. Numbing cream stops the signal before it starts. You can buy this from a pharmacy, but it can take time to work, so plan ahead.

Vibration

Similarly, vibration creates a traffic jam of signals in our nervous system. When it's placed on the skin during a blood test, it prevents the pain signal from reaching our brain. Weird, but true, and it works! Ask your specimen collector to help with this.

Distractions and calm breathing

Decide what you want to use for distraction. Before and during the test, focus on something that makes you feel relaxed, like listening to music or watching a funny video. Intentionally taking deep, slow breaths sends a message to your body and brain to calm down and turns down your pain and anxiety.

Comfort positions

Having people we trust around us helps us feel calmer. You can ask your trusted person to hold your hand or sit with you - whatever feels good and comforting to you. It creates a flood of calming, positive brain chemicals and turns down pain signals.



LOCATIONS

Reward

Sometimes we need a reason to do hard stuff. Think about what would motivate you to power through, and set up a plan to make it happen when you're all done. You deserve it!