



## HILLINGDON PRIMARY CARE CONFEDERATION

### COMMUNITY PAEDIATRIC PHLEBOTOMY SERVICE FOR CHILDREN AGE 2-18 YRS

#### **Please remember to bring the blood form with you to the appointment**

Your GP has advised you that your child requires a blood test.

An appointment should already have been booked by your GP Practice. This will be at one of our 4 sites. Please make a note of which site you have been booked in at.

***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***

#### **EMLA Cream:**

EMLA cream can provide pain relief for some children. If you have purchased or your doctor has prescribed the EMLA cream for your child, 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.





**At the appointment:**

To take your child's blood an adult must be present to help hold and comfort your child and parental consent must be given. If a parent is not able to attend the appointment to give verbal consent, a signed written consent to carry out the blood test and details of who is accompanying your child, in a short note must be brought by the accompanying adult. **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 to have the test, or you will be asked to sit with 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 by our team 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 tell you when they expect the results. For most routine tests, results are sent to your GP within 7 working days after your blood test.

**If your child has been asked to fast for Glucose and/or 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. But 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.

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APPOINTMENT DATE: \_\_\_\_\_

APPOINTMENT TIME: \_\_\_\_\_

CLINIC: \_\_\_\_\_

**If you cannot attend your appointment as planned, please telephone your GP practice as soon as possible so that we can offer the appointment to another child.**