



# The 10 rules for blood tests!

1. I can use a numbing cream/cold spray before the blood test.
2. Staff will tell me their name.
3. I can go into the blood test room by myself or I can bring someone.
4. I can ask questions and staff will answer.
5. I can be told what will happen step-by-step.
6. I can choose which arm they take blood from, if it is possible.
7. The blood test will start when I am ready.
8. I can have a countdown or warning before the blood test starts.
9. I can use the distraction box/iPad/look and found book.
10. I can have a sticker after the test is over.