Getting a blood test

A blood test is when a small bit of blood is taken to find out things about your body

Blood tests are done for lots of different reasons:

To find out if there is something making you unwell.

To check that your body is making all the things that it needs

To check that you have the right levels of important chemicals in your body
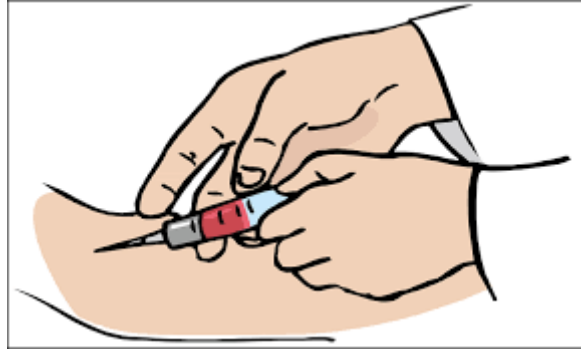

When it is time to get a blood test, you usually go to the doctors or hospital, and you will be asked to sit in a special chair.
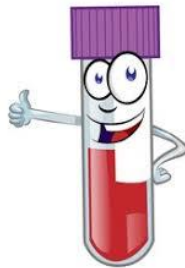
A nurse or doctor uses a special needle to take the blood, usually from your arm.

You will feel a little scratch or strong pinch when having a blood test, but this only lasts a few seconds.

It only takes a few seconds to take the blood needed and so it is over very quickly.

It is OK to feel a bit scared before, this is normal, and you will be OK.

When it is time for the blood test it can often help to look away and talk about something else to mummy.

My blood sample will then be taken to a laboratory for some more tests to check my body is healthy.

After I get my blood test, I can pick a treat or a reward for being very brave.

It is important to have blood tests as they are only a few seconds, and they can help me to stay healthy!

I will feel very brave and will feel proud of myself for having a blood test!