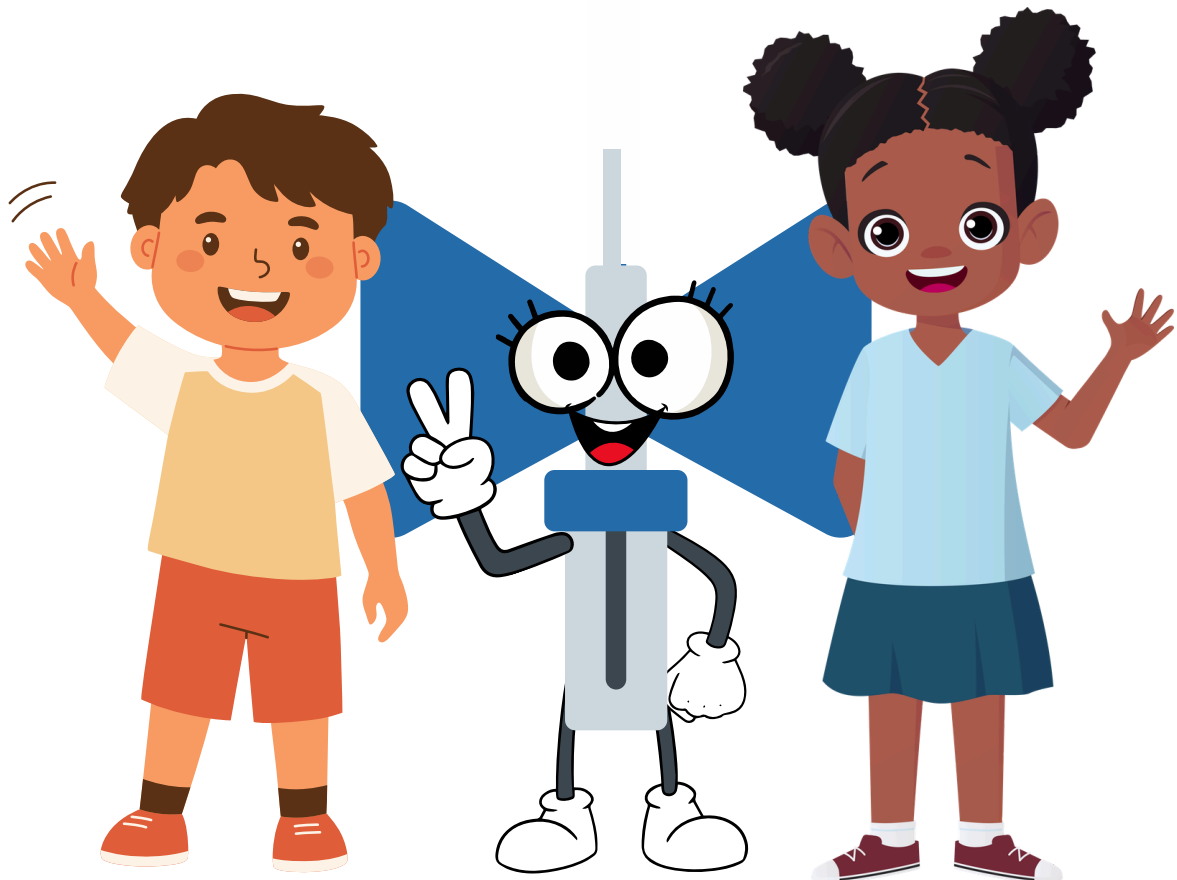


# NEEDLE TIPS & TRICKS

**MAKING NEEDLE  
PROCEDURES EASIER**



# BEFORE YOU COME TO THE HOSPITAL...

## DRINK LOTS OF WATER (IF ALLOWED)

1

Drinking plenty of water can help your veins show up better if you're having a blood test. Try to have water the day before and the morning of your appointment (unless the doctor says not to).



2

## KEEP YOUR BODY WARM

Warm arms and hands make it easier for the nurse to find a good spot for the needle. Wear a warm jumper or coat and keep your sleeves down until it's time.



3

## BRING YOUR COMFORT BUDDY

Teddy bears, dolls, or favourite toys are great helpers. They can get a pretend needle too, or just sit with you and keep you company.



4

## FILL IN YOUR HERO PLAN

It can help to know what choices you have when it comes to a needle procedure. You can fill in your Hero Plan with your Grown Up before coming to the hospital.

