

All about blood

What is blood?

When you're playing outside and scrape your knee, you'll see a little bit of red liquid come out. This is called blood and your body is filled with it! Its job is to carry oxygen all around your body, and take away things your body wants to get rid of. Your heart pushes blood around your body through small tunnels called veins.

As it's so important, doctors sometimes need to test your blood to find out what's going on inside your body. This is called a blood test.

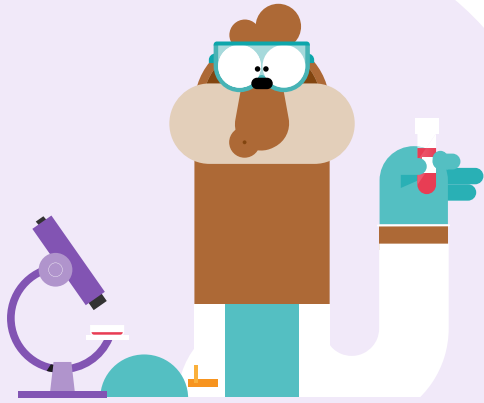
Did you know?

An adult has about 5 litres of blood in their body, that's the same as 10 bottles of water!

The human body makes 17 million red blood cells per second!



Having A Blood Test:

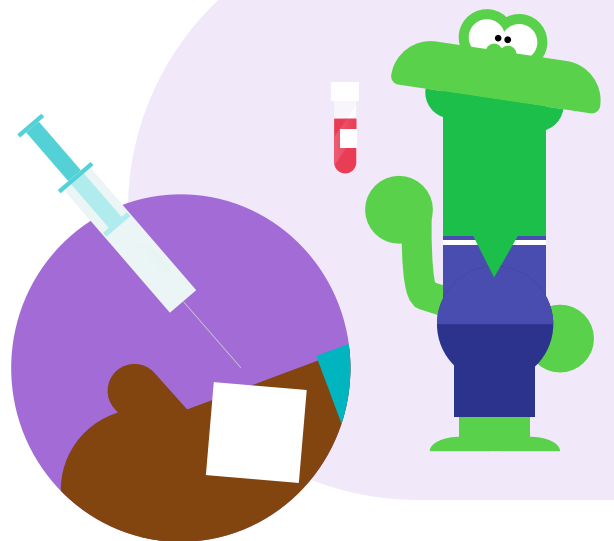


A blood test is where a doctor or nurse takes a small amount of blood from your body. Your blood is sent to be looked at by a special doctor who is an expert in blood.

A nurse will take a small amount of blood from a vein in your body during a blood test. A small strap will be wrapped around your arm or wrist to make the vein pop up and easy to spot.

Once the vein has been found, they will use a cold wipe to clean your skin. This is gentle and quick.

The nurse will use their special skills to put a tiny plastic straw into the vein to collect the blood. To get the straw in, they will use a small needle. This might feel a tiny bit scratchy but it is very important to stay still so the test can be done quickly.

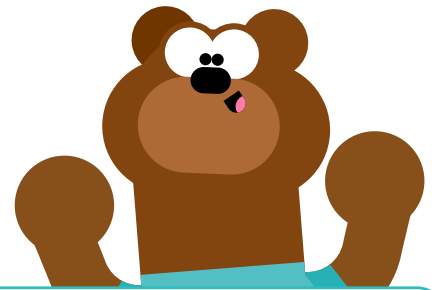


Once the nurse has collected the blood, they will take out the straw and put some cotton wool and a plaster over where it was.

Your body produces lots of blood and does it very quickly. You won't miss the small amount that the nurse might need to take from you.



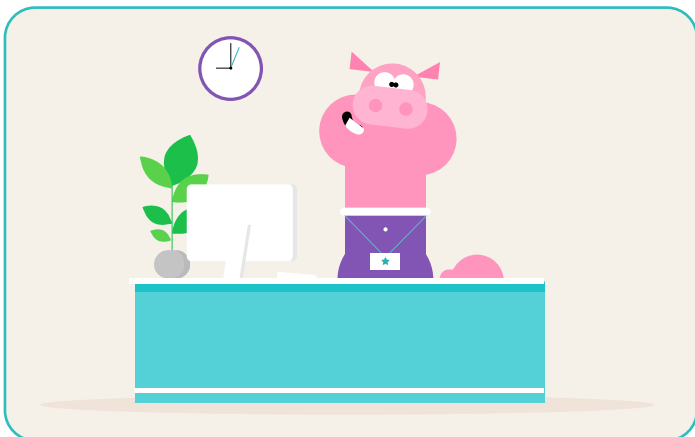
Story Time:



Ali needs to have a blood test, so she gets ready to go to hospital with her mum.



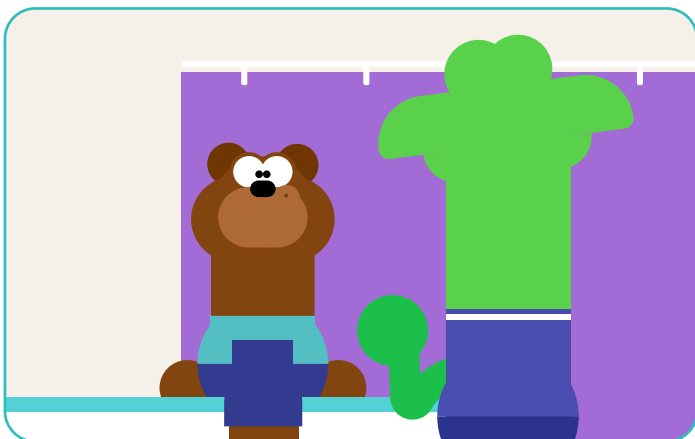
She packs everything she needs, including a few activities to keep her entertained in the waiting room.



When they were at home, Ali's mum had explained what would happen during a blood test, so Ali felt prepared and comfortable.



A nurse enters the waiting room and calls Ali's name. Ali and her mum follow the nurse into a smaller room.



The nurse tells Ali what they are going to do.



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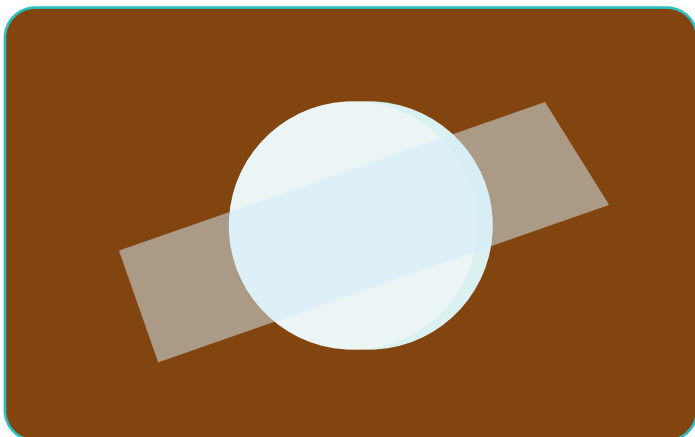
Story Time:



Ali rolls up her sleeve. The nurse wraps a band around her arm, then wipes the inside of her elbow with a cleaning wipe. It feels a little bit cold.



The nurse then puts a small needle into Ali's arm. She feels a quick, sharp scratch but this is over in a second.



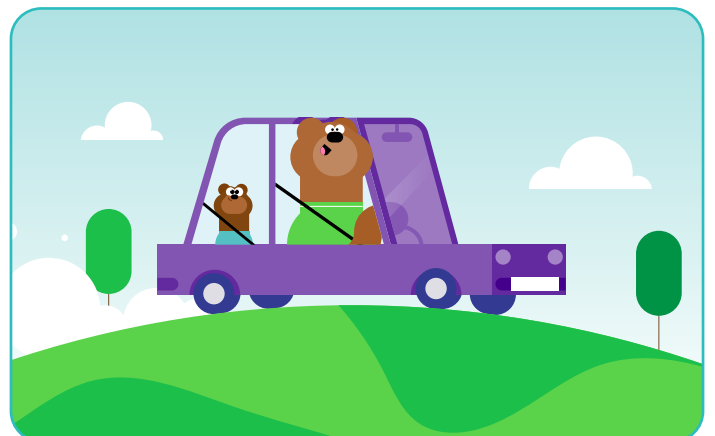
Once the little test tube is full, the nurse removes the needle and puts some cotton wool on Ali's arm. A bit of tape holds it in place.



"All done!" says the nurse. "You were very brave, Ali!"



Ali sees the nurse write her name on the test tube bottle, before sending it to the lab.



Ali and her mum say, "Goodbye!" and then go home.

Let's Play: Blood Test

Blood Test Role Play

Let's pretend you are the nurse and you need to prepare your patient for a blood test! Make sure a trusted grown-up is with you.

Here's what you will need:



- A soft toy/doll or your grown up



- A stretchy band e.g. hair scrunchie or stretchy fabric



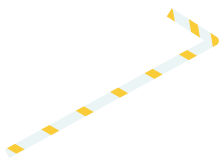
- A small tube-shaped object



- A plaster/cotton wool ball



- A tissue/wet wipe



- A small straw

Don't worry about the size; a real needle isn't as large as a straw!

Optional Extras:

A lab coat and stethoscope, if you have them!



Let's Play: Blood Test

1. Place your soft toy on a chair or ask your grown-up to sit down. They are going to be the patient having the blood test.



2. Wrap the stretchy band around the top of their arm.

3. If your trusted grown-up is the patient, try to look for their veins on their arm; these can often look blue, purple, or green. If you are using your soft toy, you can pretend to look for them.



4. Once you have found a vein (or a pretend vein if you are using a soft toy), wipe the skin with a wet wipe or tissue.

Let's play: Blood Test

5. Place the end of the straw on top of the patient's vein.

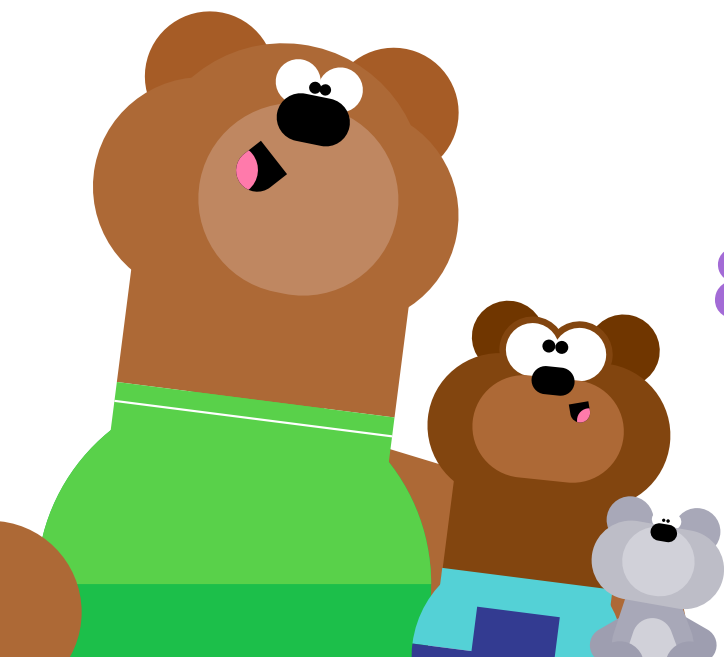


6. Hold the tube at the other end of the straw and pretend you are collecting blood. After a few seconds, remove the straw.

7. Place a cotton wool ball on the patient's skin or put a plaster on it.



8. Ask the patient how they feel and tell your trusted grown-up all about how you found performing the blood test!



Quiz Time:



Why is blood important for my body?

What is a blood test?

Why is blood red?

What happens to the blood taken during the blood test?



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