

Blood test booking made easy: YOUNG PERSON'S INFORMATION 12 months – 14 years

How to make an appointment:

Contact Phlebotomy Booking Line between **9am and 5pm** Monday to Friday:

- **020 8973 3467 - call queuing system**

Have your test form with you - the receptionist will ask for your NHS number and test details recorded on the form. The lines are less busy in the afternoons.

Or email requests to phlebotomy.hrch@nhs.net, stating name, NHS number and contact details. Central blood test bookings will aim to contact you within one working day to book an appointment

The phlebotomy clinic for children is based at Heart of Hounslow Centre for Health, 92 Bath Rd Hounslow TW3 3EL. Clinics run Monday – Friday.

Arriving for your appointment:

Allow time for parking at the health centre, pay and display is in operation. Please arrive and report to the Diagnostic reception located on the 2nd floor at least **10 minutes** prior to your appointment **with** your blood test form. If you arrive more than 10 minutes late you may have re-book your appointment.

Please ensure your child has drunk 2 glasses of water at least 2 hours before the appointment; this makes it easier to take a blood sample.

Consent:

To take your child's blood an adult must be present and parental consent 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.



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; appointments are available from 8am.

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.

EMLA Cream:



EMLA cream can provide pain relief for some people.

If you have purchased or your doctor has prescribed

the EMLA cream for your child, please obtain this from your local pharmacy and follow the instructions below.



If you apply the cream yourself, it should be applied 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.

Following your child's blood test:

- If a bruise occurs this will normally go away in 3 to 5 days.
- Please contact your GP practice directly, 7 to 14 days after your blood test to obtain results.

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For more information about HRCH's phlebotomy service in Hounslow, visit:

[www.hrch.nhs.uk/phlebotomy-hounslow/](http://www.hrch.nhs.uk/phlebotomy-hounslow/)

Or to find out more about Hounslow and Richmond Community Healthcare NHS Trust, visit: [www.hrch.nhs.uk](http://www.hrch.nhs.uk)

**We can help you if English is not your first language. If you would like to receive this leaflet in a language or format of your choice please contact the PALS team on telephone: 0800 953 0363 who will be happy to help.**