

**PLEASE BRING THE BLOOD FORM  
TO YOUR APPOINTMENT**



Hounslow and Richmond  
Community Healthcare  
NHS Trust

## **YOUNG PERSON'S BLOOD TESTS INFORMATION**

12 months - 13 years 11 months

### **Blood test booking made easy**

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#### **How to make an appointment:**

Please visit our website at the address below

[www.hrch.nhs.uk/services/search-services/phlebotomy-blood-tests-children](http://www.hrch.nhs.uk/services/search-services/phlebotomy-blood-tests-children)

Follow the link and create an account on SwiftQueue. From here you will be able to book, reschedule and cancel your child's appointments at your own convenience.

If your child has additional health needs or is nervous regarding the test, please select **Children's blood test with additional needs** when booking. This will give them a longer appointment time.

If you are unable to access this service, please contact us at [hrch.ccnhounslow@nhs.net](mailto:hrch.ccnhounslow@nhs.net) or 020 3771 6022 and leave a message. This message service is checked daily.

Please have the child's blood test form with you as we will require your child's NHS number and test details recorded on the form.

**Please contact us on the number above if your GP has marked the form as URGENT.**

#### **Fasting blood tests**

Your GP may have requested a fasting test for your child. Please check the blood test form when booking. If a fasting appointment is required, please book an early morning appointment for the test. Appointments are available from 7:45am.

Children should have nothing to eat or drink, excluding water for 6 hours prior to their appointment. Please encourage them to drink two to three glasses of water before their appointment time.

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.

#### **Arriving for your appointment:**

Please ensure you allow time for parking at Heart of Hounslow (92 Bath Road, Hounslow, TW3 3EL). Pay and display is in operation.

On arrival, please go to the Outpatient reception located on the 2<sup>nd</sup> floor at least **5 minutes** prior to your appointment **with your child's blood test form**. Without this form, we are unable to perform the tests.

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Please be aware, if you arrive more than 10 minutes late, we will be unable to see you and you will have to rebook your appointment.

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

**At the appointment:**

During the appointment, an adult must be present to help hold and comfort your child and **parental consent must be given.**

If a parent is not able to attend the appointment to give verbal consent, a **signed, written consent note** to carry out the blood test and details of who is accompanying your child, must be brought by the accompanying adult.

**We are unable to carry out the blood test without this consent.**

**\*\*Please be aware, pregnant mothers are unable to hold children during blood tests due to risk of harm to the unborn child.**

**If you are expecting and attending with your child, please bring an additional adult to support if required.\*\***

**EMLA / AMETOP Cream:**

We recommend using numbing creams for younger and/or nervous children and young people during blood test appointments.

If your doctor has prescribed the EMLA / AMETOP cream for your child, please obtain this from your local pharmacy. It is also available to buy over the counter.

The cream should be applied **1 hour prior** to the appointment time, on the inside crease of both arms at the elbow and the backs of both hands as shown.

**DO NOT RUB IN THE CREAM.**



The cream should cover an area approximately 5 cm x 5 cm then wrapped in cling film to prevent it from being rubbed off.

**Following your child's blood test:**

- Bruising is a common occurrence after blood tests and will normally go away in 3 to 5 days. You may wish to apply an ice pack to assist the healing.
- Please contact your Consultant or GP around 7 to 14 days after your blood test to obtain results.
- If any results are abnormal or concerning, the referrer will contact you as a matter of urgency, usually within 1-2 days.

For any further information – please email us at [hrch.ccnhounslow@nhs.net](mailto:hrch.ccnhounslow@nhs.net)