



How to prepare for your blood draw

The CASCADIA study team wants you and your participating household members to have as easy a blood draw experience as possible. Team members have a lot of experience collecting blood. They also understand that it can be difficult for some people and make them feel nervous.

Here are a few helpful tips:

Drink plenty of water and eat a healthy meal or snack before your blood draw. When you're hydrated, your blood volume goes up, and your veins are plumper and easier to access. This is especially important for young children. Eating a healthy meal or snack may prevent you or your child from feeling light-headed after giving blood.

Think you might faint? Be honest with our study team about how you are feeling, and how you think your child is doing. Our staff are trained to help and ensure your safety. If you've fainted during blood draws in the past, speak up. The person drawing your blood can have you lie down or have you sit in a different way to keep you safe.

Take a deep breath and relax. Focus on taking deep, full breaths before getting a blood draw. By focusing on your breathing, you can relax your body and mind. For children, thinking happy thoughts and slowly counting from one to ten can help.

Wear layers or a shirt with sleeves that you can roll up above your elbows. This makes it easier for the study team to access your veins.

Offer a distraction. Bring along a favorite toy, game, or book to help distract you or your child before and during the draw. Another option is to use your headphones and listen to music or watch a video on your phone.

Explain what will happen to your child. Tell your child why the blood draw is needed and how it will be collected. Use language and terms based on your child's age. Assure your child you will be with them or nearby the whole time. Let your child know that the draw may hurt or pinch a bit, but the pain will go away quickly. Tell your child they can help by staying still during the blood draw.

Plan a reward for afterward. Make a plan to do something fun together after the blood draw. Thinking about a reward may help distract your child and make the blood draw easier.

Please contact us to discuss any questions you have as you prepare for your blood draw:

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