

# Children's & Young People's Blood Tests

## Information for Parents & Carers

If aged between 2-14 years old, you **MUST** book an appointment for a blood test with one of the services below. It is **NOT** a walk-in service.

### Arriving for 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.

### Fasting Blood test

If the blood form states the blood test needs to be fasting, then your child should have nothing to eat or drink (apart from water) for 8 hours prior to their appointment. It is recommended that you bring a snack and a drink with you for them to eat after the appointment.

### Consent

To take your child's blood, a consenting 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.**

**Applying EMLA Cream** (This is not essential, use only if you think your child will need it.)

- You can purchase or be prescribed:  
EMLA Cream 5g x 1 tube with occlusive dressings (unless any contraindications)  
*(Prescriber: If using ETP, please ensure you write 'with occlusive dressings' in dosage instructions/specify version with occlusive dressings otherwise patient might get incorrect version without dressings)*
- This EMLA cream can be used to numb the area for the blood test.
- Full instructions are found in the box with the cream.
- Around 1-2 hours before your blood test appointment, apply a small amount of EMLA cream (covering area around 5cm by 5cm) to inside crease of **BOTH** arms at the elbows – as shown above).
- You can cover the cream with either cling film or dressings (which may come with the cream).
- Clingfilm is often preferable as it tends to stick and be easier and less uncomfortable to remove than dressings.**
- If using dressings,
  - remove the centre cut out piece of dressing but leave the paper frame on
  - Peel the paper liner off
  - Cover the cream, holding down the dressing frame
  - Don't press on the cream as it must not be spread out
  - Smooth down the edges avoid leaking



- Remove the paper frame and leave dressing in place until you come for your appointment

### Phlebotomy Services: Referrals to local practices

#### Paediatric Phlebotomy 0- 2 years

Children aged 0 – 2 should be referred to hospital. During Covid there are **no walk-in** appointments

For LNWHT: paediatric phlebotomy appointments are at Ealing Hospital. Call 020 8967 5682 to book an appointment

For Imperial: paediatric appointments are at Hammersmith Hospital. Call 020 331 33301 or 020 331 33310 to book an appointment.

Adults should not be referred to hospital for phlebotomy – please see below for practices that accept referrals from other practices for adult phlebotomy.

#### Children aged 2- 14

PCN	Practice	Booking Arrangements
NGP	Hillview Surgery 179 Bilton Road Perivale Greenford UB6 7HQ 0208 997 4661	Only practices in NGP network can refer to this service. Please let patients know there is a waiting list (currently around two weeks).  Referrals should be done via referral in on S1, then Hillview will contact patient to book appointment.  Please complete and save ICE form on S1 but don't print
Northolt	West End Surgery Edward Road, Northolt, Middlesex, UB5 6QN 020 8845 6363	Week days 9am to 12pm.  Referrals should be done via referral in on S1, then West End Surgery will contact patient to book appointment.  To book call 020 8845 6363
The Ealing Network	Corfton Road Surgery 10 Corfton Road, Ealing, London, W5 2HS 020 8997 4215	From 7 <sup>th</sup> July To book call 0208 997 4215  Referrals should be done via referral in on S1, then Corfton Road will contact patient to book appointment.  Please make sure form is saved on system and sent to patient
The Ealing Network	Cuckoo Lane Surgery First Floor, 20 Church Road, Hanwell, London, W7 1DR 020 8567 4315	To book call 020 8567 4315
South Southall	Guru Nanak Medical Centre Guru Nanak Medical Centre 1-3 Woodlands Road, Southall,	Tuesday and Thursday mornings Southall site and Friday mornings Botwell site  Referrals should be done via referral in on S1, then Guru Nanak will contact patient to book appointment.

	Middlesex, UB1 1EQ 020 8574 1246	Please send form to patient for them to bring form with them to the appointment.
Northolt	Goodcare Practice Grand Union Health Centre, Taywood Road, Northolt, Middlesex, UB5 6WL 0203 313 7600	Wednesday mornings 9am to 1pm  To book please call 0203 313 7600
Northolt	Somerset Medical Practice Grand Union Health Centre, Taywood Road, Northolt, Middlesex, UB5 6WL 0203 313 7555	Wednesday mornings 9am to 1pm  To book please call 0203 313 7555
Dormer Wells Medical Centre	143 Burns Avenue, Southall, Middlesex, UB1 2LU 020 8571 0078	Wednesday mornings 8.30am to 10.30am  Referral process: Email patient details and blood form to <a href="mailto:E85682.text@nhs.net">E85682.text@nhs.net</a> . Dormers Wells will call the patient and book the appointment.

- Please order tests in the usual way so that request is saved onto SystemOne.
- Please ensure that you send the patient's parents the paediatric phlebotomy leaflet (this can be found in Ealing CCG Referral Templates/ Investigations which details how to apply cream)
- Please prescribe EMLA Cream 5g x 1 tube with occlusive dressings (unless any contraindications) If using ETP, please ensure you write 'with occlusive dressings' in dosage instructions/specify version with occlusive dressings otherwise patient might get incorrect version without dressings).
- Clingfilm can be used instead of dressings, and this is often preferable as it tends to stick and be easier and less uncomfortable to remove than dressings. Please note Cuckoo Lane do not require dressings prescription.