Name:	Date:

My Needle Stick Plan

I made a plan that helps me feel a little more in control when I need to get a shot or blood draw. I checked the info that I want you to know. Thank you for helping me make this easier!

It is hard for me to get needle sticks. I get worried an		l and afraid.
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□ I am	good a	t speaking	up for	mvsel
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- ☐ It is hard for me to speak up for myself.
- ☐ I might freeze and have trouble cooperating.
- ☐ I might have trouble keeping still.
- ☐ I might try to run away.
- ☐ I might try to push people away from me.





Before a needle stick:

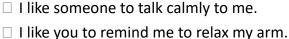
- ☐ I like to know before a doctor's visit if I will need a shot or a blood test.
- ☐ I like to understand why the stick is important for my health.
- ☐ I like to know if I can or can't eat before the blood test.
- ☐ I like to take medicine that helps me keep calm.
- ☐ I like to put on numbing cream where the stick will go.
- ☐ I like to see your equipment before the stick.



During the needle stick:

- ☐ I like it to use a private space.
- ☐ I like to sit in a chair.
- ☐ I like to lay on the exam table.
- ☐ I like to have someone I trust with me.
- ☐ I do better if two people help.
- ☐ I like someone to hold my hand.
- ☐ I like to listen to music.
- ☐ I like to watch a video.
- ☐ I like to practice deep breathing.
- ☐ I like to look away.





- inte you to remind me to r
- ☐ I like to use freezing spray.
- ☐ I like to use an ice pack.
- ☐ I like to use vibration, like a Buzzy.
- ☐ I like pressure, like a shot blocker.
- \square I would like you to count to 1-2-3.





About my body:

- My veins are hard to find. Please ask your best person to draw my blood.
- My veins are hard to find. I do better when you use a vein finder.

After the needle stick:

- ☐ I sometimes feel faint after a needle stick. I do better if I lie down.
- ☐ I worry about my results. Please let me know as soon as you can.





Other info at: https://www.immunize.ca/card-adults, https://phm.utoronto.ca/helpinkids/

