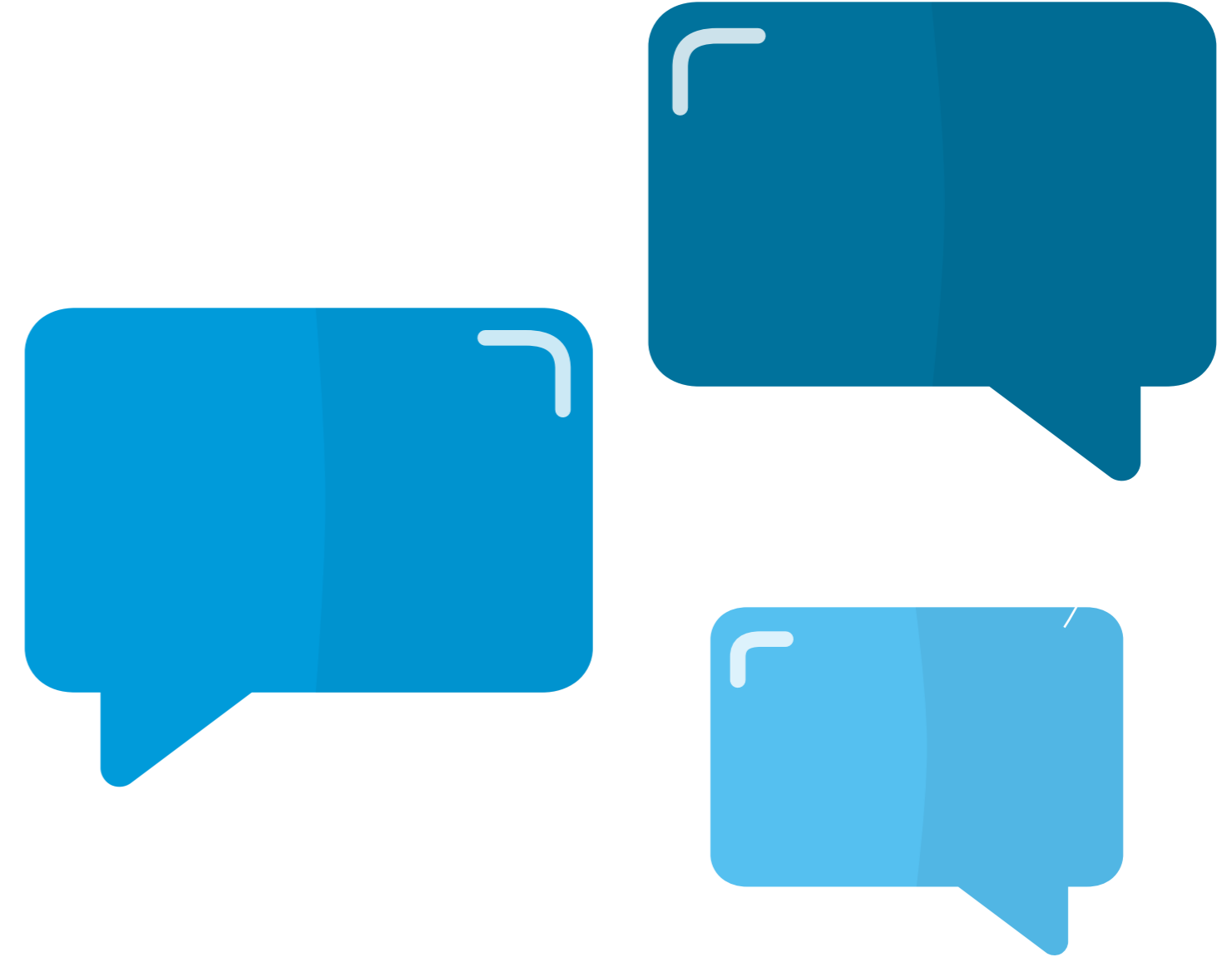


Reducing Pain and Distress Due to Minor Procedures

What happens first?

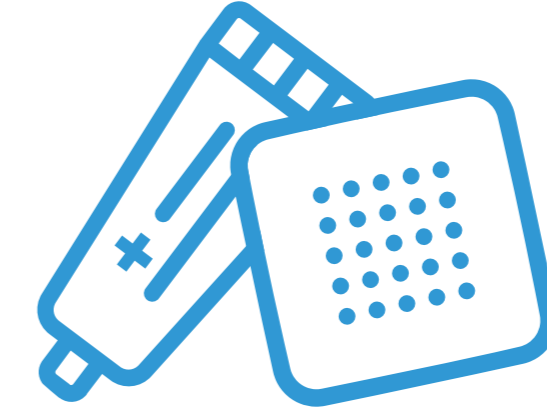
You will be taught how pain and worry can be reduced when blood samples are taken, IV lines are started and ports are accessed.



How we try to reduce pain and worry caused by minor procedures



Your parent can be with you, if you want them to be there.



An ointment or patch will be applied to your skin to numb the area, if you want it to be.

You will also be asked if you want to:



Play a video game or virtual reality game



Do a deep breathing or centering exercise



Undergo hypnosis



You may also be asked if you want to listen to music or watch a video

What happens next time you have a minor procedure?

You and your healthcare team will review your plan to reduce pain and worry regularly to make sure it continues to work.



The SPARK Care Recommendations are intended to inform families of children undergoing cancer treatments. They are not intended to replace the judgment, advice or intervention performed by your child's doctor or other healthcare professionals. Please do not rely on this information exclusively. Seek the care of a healthcare professional if you have any questions regarding SPARK Care Recommendations or your child's diagnosis or symptoms.