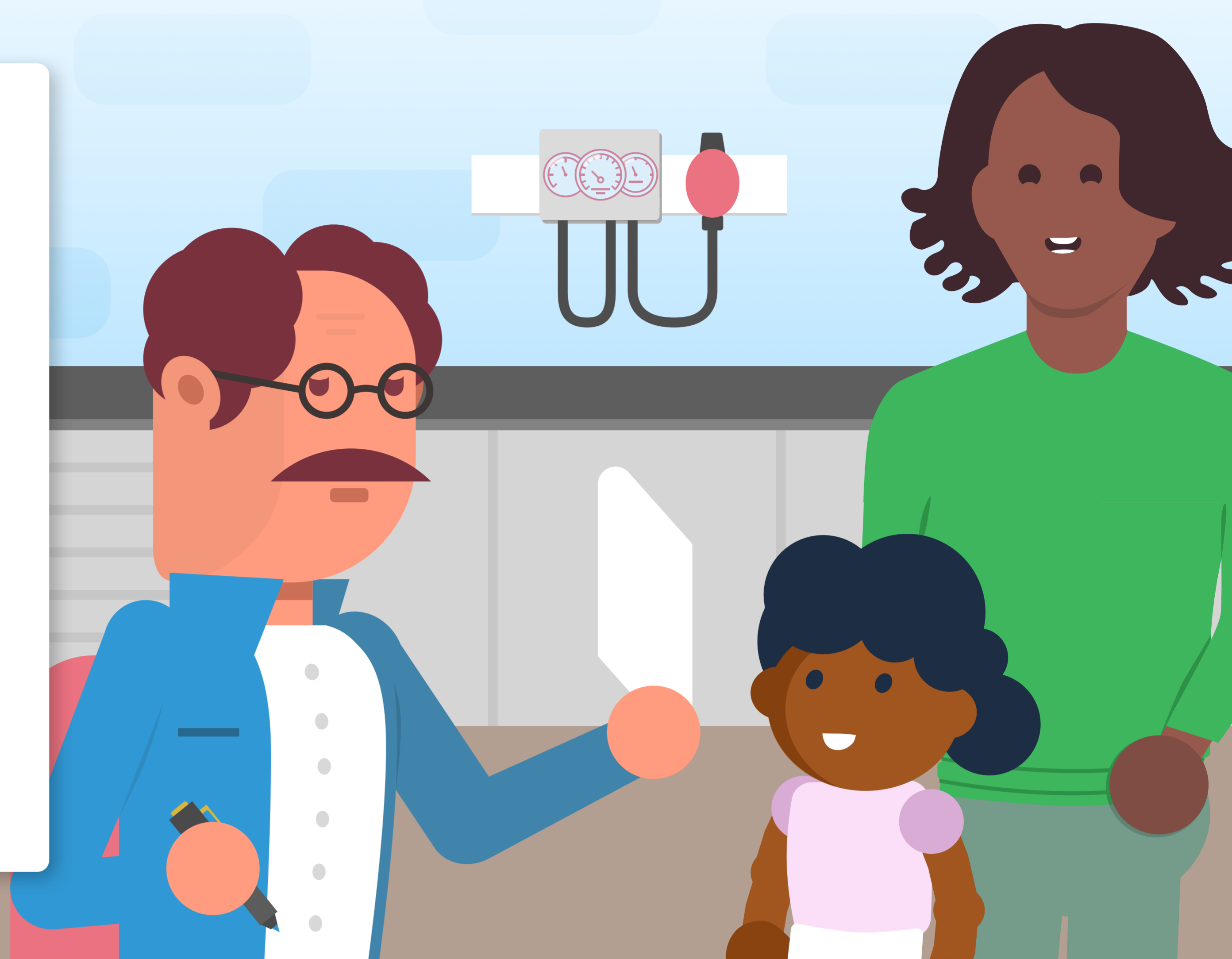


Reducing Pain and Distress Due to Minor Procedures

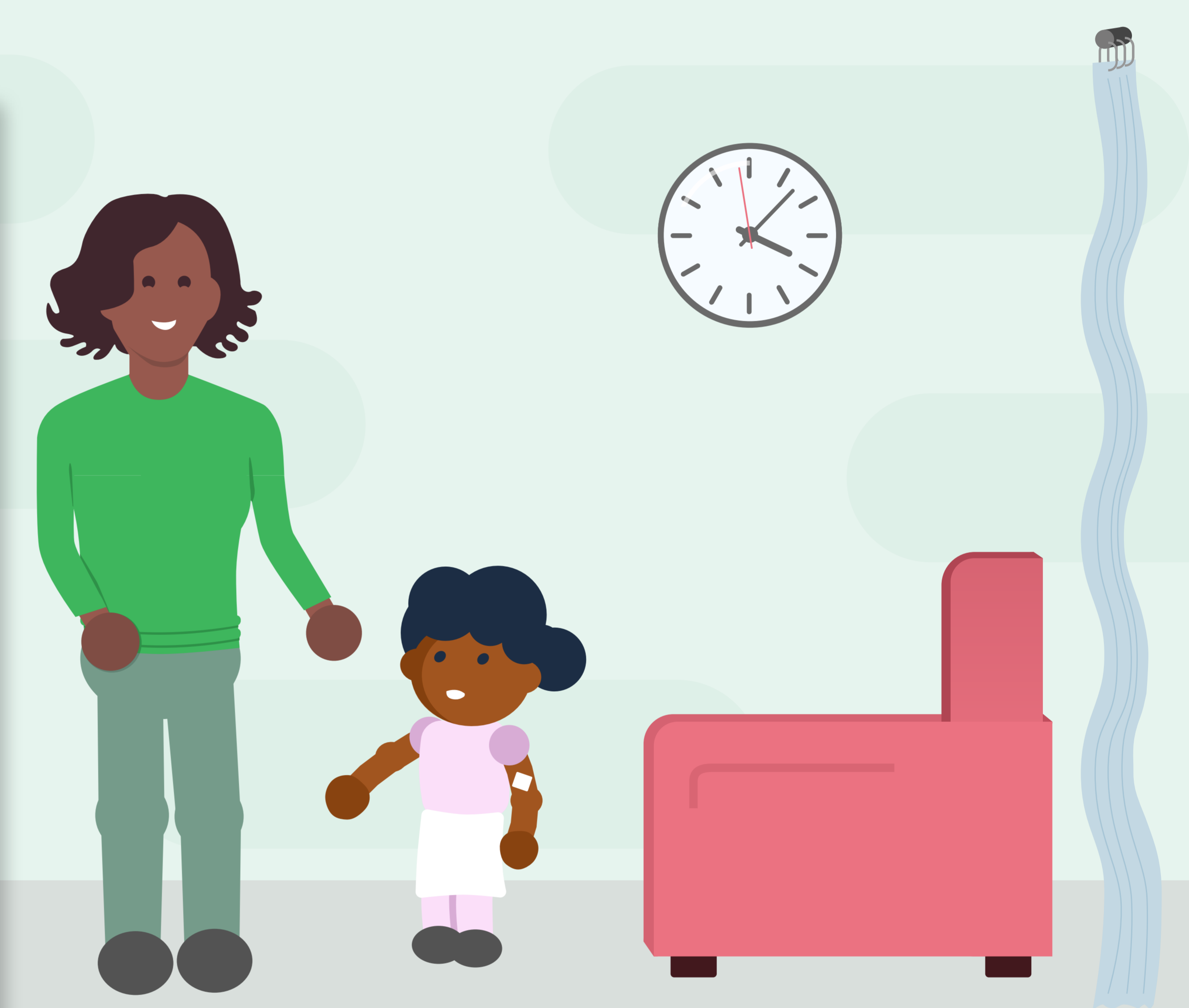
What happens first?

You and your parents will be taught ways to control pain and worry when blood samples are taken, IV lines are started and your port is accessed.



How we try to prevent pain and worry

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:

- Blow bubbles or play a video game or a virtual reality game
- Use deep breathing or other ways to relax

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



What happens next time?

You, your parents and your medical team will review your plan to reduce pain and worry. You may decide to change your plan to make sure it works.



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.