

The Blood Test Clinic at Meyer carries out blood tests for children and teenagers aged between 0 and 18 years, as in-patients or out-patients, from Monday to Saturday from 08:00 to 11:00.

To do a blood test, you must phone **CUP Meyer** on **055 566 2900**, Monday to Friday, from **08:00 to 16:00**

No booking is needed for the handing-in of biological samples.

After having taken a number at the ticket totem that is situated at the entrance of the clinic, you will be called inside to the reception desk.

### **Important to know**

Please note that any eventual delay while waiting for your appointment could depend on the time and special attention that is needed when carrying out blood tests on children.

### **How to prepare for the blood test: useful advice for the family**

A certain amount of forward-thinking can help to relieve your and your child's tension and help him/her to face the blood test in a calm way. We advise you not to tell your child any lies and to limit their fear towards something that they don't know: children, even if they are very small, pick up on tension, apprehensive looks and a worried tone of voice. Your role as parent is fundamental to reassure your child about the tolerability and short duration of the blood test and to show confidence and collaboration with the health staff, even during the blood test. Tell your child that he/she will feel a little pinch, something like a bite from a mosquito. In some cases, it might be necessary to hold your child still: this is only necessary in order to avoid your child making any sudden movements and to thus guarantee his/her safety and the successful outcome of the test. If your child is a little older, it is important to explain fully what the test consists of and why it has to be done. Once the blood test has been carried out, it is important that the parents and the staff praise the child for his/her courage. A teenager, if he/she wishes, can undergo the blood test even without the presence of an adult.

### **Fasting**

Usually, when a child does a blood test, he/she must have been fasting for at least four hours. Only blood tests that determine levels of ACTH, 17-OH progesterone, insulin, or cortisol require a fasting period of at least eight hours (and so it is recommended to undergo the test before 10:00). If however, the child is under 1 year old he/she can breastfeed or have formula milk up to three hours prior to the blood test. In any case, the child can drink water while waiting. Some tests require specific preparation: in such cases, the specialist's recommendations apply. On the following website, in the dedicated area, you can consult the specific indications required in order to prepare for the blood test: [www.meyer.it/puntoprelievi](http://www.meyer.it/puntoprelievi)

*Services Menu - May 2019*