

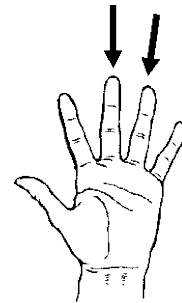
Welcome to the Finger Poke Lab

What is the Finger Poke Lab?

- The 'Finger Poke Lab' is a department in the Core Laboratory.
- Blood tests are part of your child's ongoing care. Your child may be asked to go to the Finger Poke Lab to have a blood test before each clinic visit.

What is a finger poke?

- A finger poke is the most common way to collect a small sample of blood.
- A tiny puncture or 'poke' is made in the skin on a fingertip. Only two fingers are used for finger pokes.
- A small amount of blood is collected in a very thin tube.



How can we make the finger poke easier for my child?

- When you visit the Finger Poke Lab you will meet a Medical Laboratory Assistant and a Child Life Specialist. They will work with you and your child to make the process as easy as possible for your child and get the best quality sample.
- We will take time to let your child know what will happen and answer his or her questions. The Child Life Specialist can help you explain the procedure to your child in an honest and positive way.
- Keep your child's hands warm to help blood flow to the fingers. Your child can wear mittens or hold something warm.
- Some children find finger pokes difficult and need extra support. Some benefit from distraction, while others benefit from focused breaths. Together we will learn what is best for your child. We will follow that plan to help your child cope with each finger poke.

Where is the Finger Poke Lab?

- The Finger Poke Lab is on the 2nd floor, in the blue section, across from the Operating Room entrance.
- The room number is 2N38. Follow the signs for the Core Laboratory.
- If your child is staying in the hospital, we will show you how to get there before you go home.

Level 2 – Main Floor



When will I come to the finger poke lab?

I will come to the Finger Poke Lab with my child
on _____ (date).

Please bring your child's Ontario Health Card.

- The Finger Poke Lab is open from 7:30 am to 3:00 pm.
- You will be seen on a first come, first served basis.
- How often you need to visit the finger poke lab will depend on your child's treatment plan.