

I need to have a blood test



say less,
show more

How to use these visuals

If **you are coming** to hospital you can:

- **Look** at these pictures and talk about them with others
- **Talk** with the nurses and doctors about the pictures
- **Think** about what will happen when you come to hospital

If you are **helping someone** to understand their hospital visit you can:

- **Share** the pictures with them either as a book or through the website
- **Give** them time to think about the pictures
- **Talk** with them about the pictures
- **Give** them time to ask questions
- **Ask** them how they are feeling about hospital
- **Use** the pictures as a guide before or during the hospital visit

The pictures and e-learning module on using visuals can be found here:

<https://www.aci.health.nsw.gov.au/resources/intellectual-disability/childrens-services/say-less-show-more>

Remember, say less and **show more!**



The nurse puts a band on my arm. It may feel tight.



The nurse cleans my arm with a cotton bud.



The nurse puts the needle in my arm. I might feel a little sting.



The nurse takes the syringe out but the cannula or tube stays in my arm.



www.nslhd.health.nsw.gov.au

