



Living life with PKU

Tips to help you take blood samples at home

- It doesn't matter which finger you sample so involve your toddler by letting them choose.
- Alternate puncture sites from week to week to avoid scar tissue from forming.
- Generally concentrate on the sides of the fingertip rather than the pad.
- Warm your child's hand by using a glove, soaking it in warm water, or gently rubbing it to get the blood flowing.
- Seat your child in a firm position so he/she can't pull away.
- Rather than saying 'it won't hurt,' make him/her aware there will be a sharp prick at the count of three. Get him/her to count with you.
- One firm puncture will produce better results than several light punctures.
- Give positive feedback about the 'good sample' he/she has provided.
- Setting a routine helps. Try to collect blood samples in a consistent way.
- Once your child is old enough, encourage him/her to help fill in the details on the card. By involving your child in the process, it will give him/her a sense of control over his/her disorder.
- Later on, encourage your child to press the release button of the pen.
- Avoid offering food as a reward. If you need to, adopt a chart system whereby your child can add a sticker.