Getting an IV at
Children’s National

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I need an IV for my medicine.

I can hold my favorite toy, teddy, or blanket to help me feel brave.
My IV nurse will come to my room and check my ID bracelet.
I can lay down or sit up.

My parent can stand beside me and hold my hand.
My IV nurse will wrap a band around my arm or hand.

This may feel like a tight squeeze but lasts only for a short time.
While my IV nurse looks at my arm, I can do things with my other hand like hold my parent’s hand, hold my comfort item, or I can look away to watch a show.
My IV nurses will use a cold wipe to clean my skin.

My IV nurse may spray something cold on my skin.

This will not hurt me.
It is very important that my arm is still.

I will sit still like a statue.
My IV nurse will hold my arm and place a tiny tube on my skin.

I may feel something and see the little tube turn red.
I will sit very still. If I don’t want to watch the IV nurse or look at the tube, I can look at my parents or my video or my book. I can sing a song, count numbers, or take ten deep breaths.
My IV nurse will use different kinds of tape to keep my IV in place.
The IV might be in my arm or my hand.
After the IV is taped, I can have a soft board or a soft covering to keep my new IV in place.
I will have my IV while I am at the hospital. I cannot pull it or pick it. If it hurts, I can tell my parents or my nurse. Before I go home, my nurse will take my IV off.
I am all done!

I can have a reward for doing such a great job!!
To request **Child Life** support for an IV placement, ask your nurse or call 202-476-3070.

For additional autism specific support or resources, contact:

**The Autism Behavioral Communication (ABC) support program:**

Phone: 202-476-2884

E-mail: [ABCconsultTeam@childrensnational.org](mailto:ABCconsultTeam@childrensnational.org)

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Elmo is a Muppet character of
**Sesame Street**

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