

# IV VISUAL SCHEDULE

Use a marker or sticker to check off each step that you have completed!



☐ Sit with family member or on own



☐ Hold arm out



☐ Buzzy: yes or no



☐ Tourniquet and clean



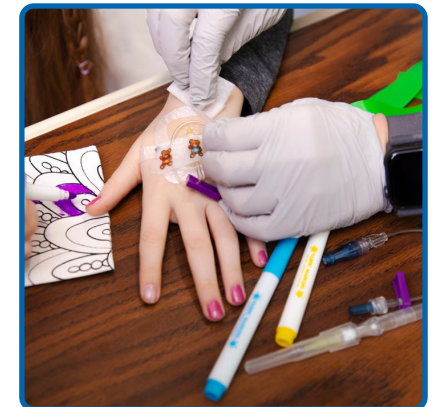
☐ Jtip: yes or no



☐ Slide in IV and bandage



☐ IV in place



☐ IV medicine

# WHAT WILL HELP YOUR BODY STAY CALM DURING THE IV?

Use a marker or sticker to check off what will help you.



☐ Read a book



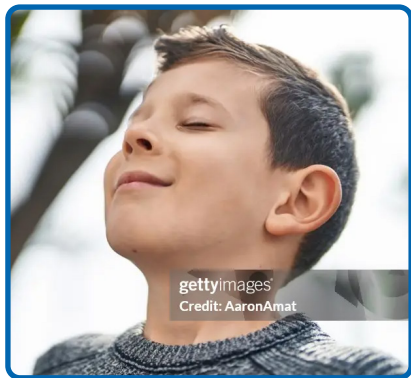
☐ Watch what happens



☐ Play on the tablet



☐ Listen to music



☐ Take a deep breath



☐ Hold someone's hand

# HOW DO YOU FEEL ABOUT GETTING AN IV?



It's okay to feel scared, worried or sad about getting an IV.  
Your job when you get an IV is to hold your body as still as you can.

