

Please heat your child's heels before taking a sample

Instructions for parents

Blood tests are prescribed by a physician. Blood tests enable controlling children's well-being and monitoring their health. We aim at making sample-taking for children as comfortable and pain-free as possible. This is why it is important to heat your child's heels for approximately 3–10 minutes, just before the sample is taken.



Fill the heating bag with warm, 39°C water until the bag is half full.



Remove air from the bag by pressing gently and close the bag.



Check for the right temperature with a thermometer.



Wrap the warm bag of water around the heels/feet. Protect the skin in contact with the bag with a sheer sock, romper suit or cloth nappy.



Cover your child with a blanket. This helps to keep the water bag still and the heels warm. The blanket and the bag should warm the child for a maximum of 10 minutes.

The nurse will stick the child's identification sticker here.

Next sample

Date	At

If you have any questions, please call the customer service tel. 09 471 86800 Mon–Fri 7:30–15:30. Unfortunately, the service number cannot provide laboratory results.