



Great Ormond Street Hospital for Children NHS Foundation Trust: Information for Young People

Be like a lion to save your veins

You have blood vessels called arteries and veins carrying blood all around your body. We all need to look after our blood vessels. We do not grow any more as we get older – the ones we are born with have to last a lifetime.

When you have kidney problems, it is even more important to look after your veins. If you need dialysis at any point in the future – not everyone will – your veins will have to be in good shape.

Our aim is to avoid using the veins in your arm for routine blood samples and cannulas – we want to use the smaller veins in the back of your hand or foot first.

As now, if we cannot get blood in two tries, we may use a different vein. In an emergency, we will use whichever vein we think is best, even your arm veins.

We want to protect your veins so we want you to be like a lion and **ROAR!**

ROAR stands for Respectfully Object and Ask to Re-evaluate

So, if someone wants to take a blood sample or insert a cannula into your arm vein, we want you to ROAR and ask them to use your hand or foot veins first.

Please ask your nurse or doctor if you have any questions.

