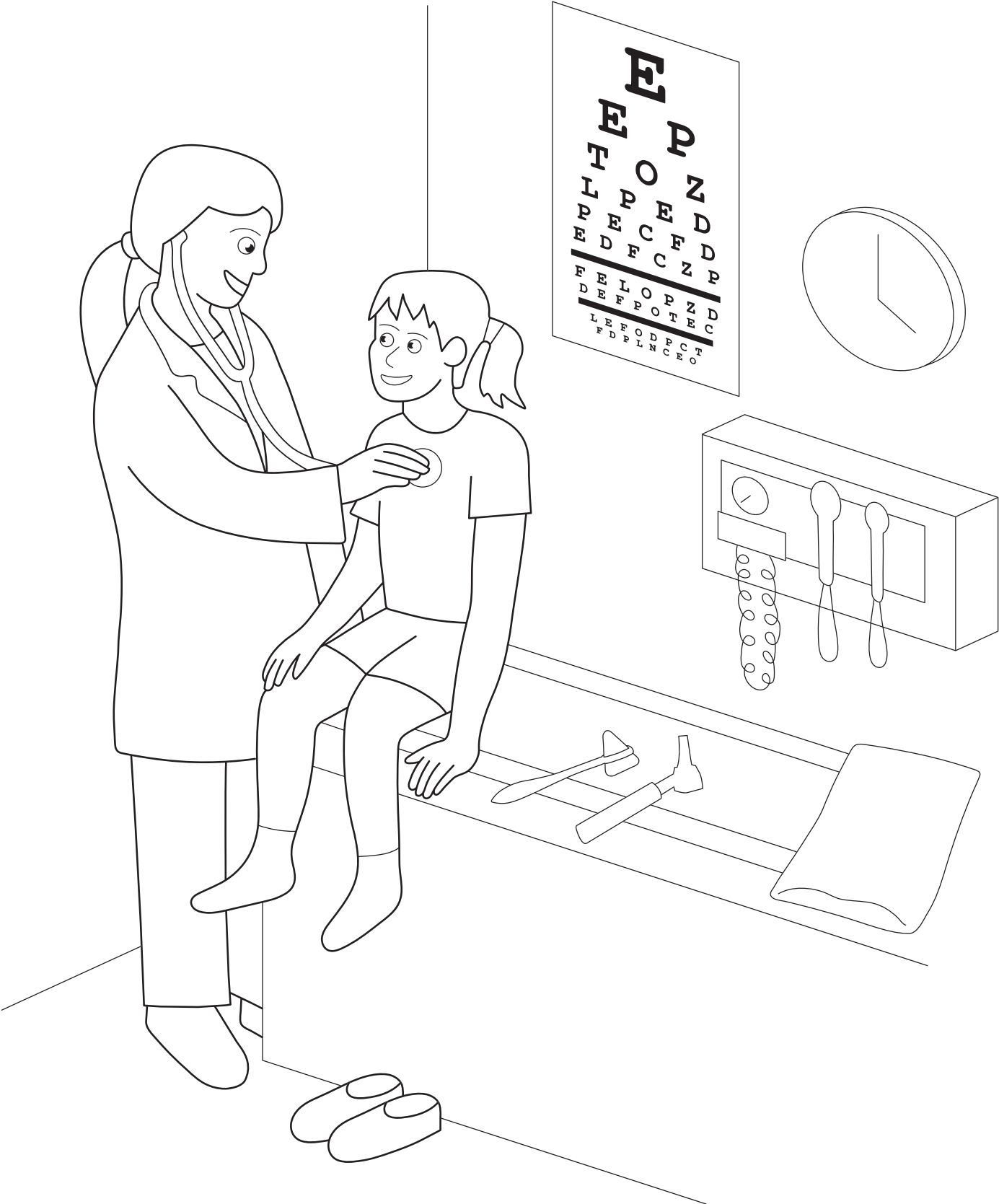


My Trip to Quest Diagnostics

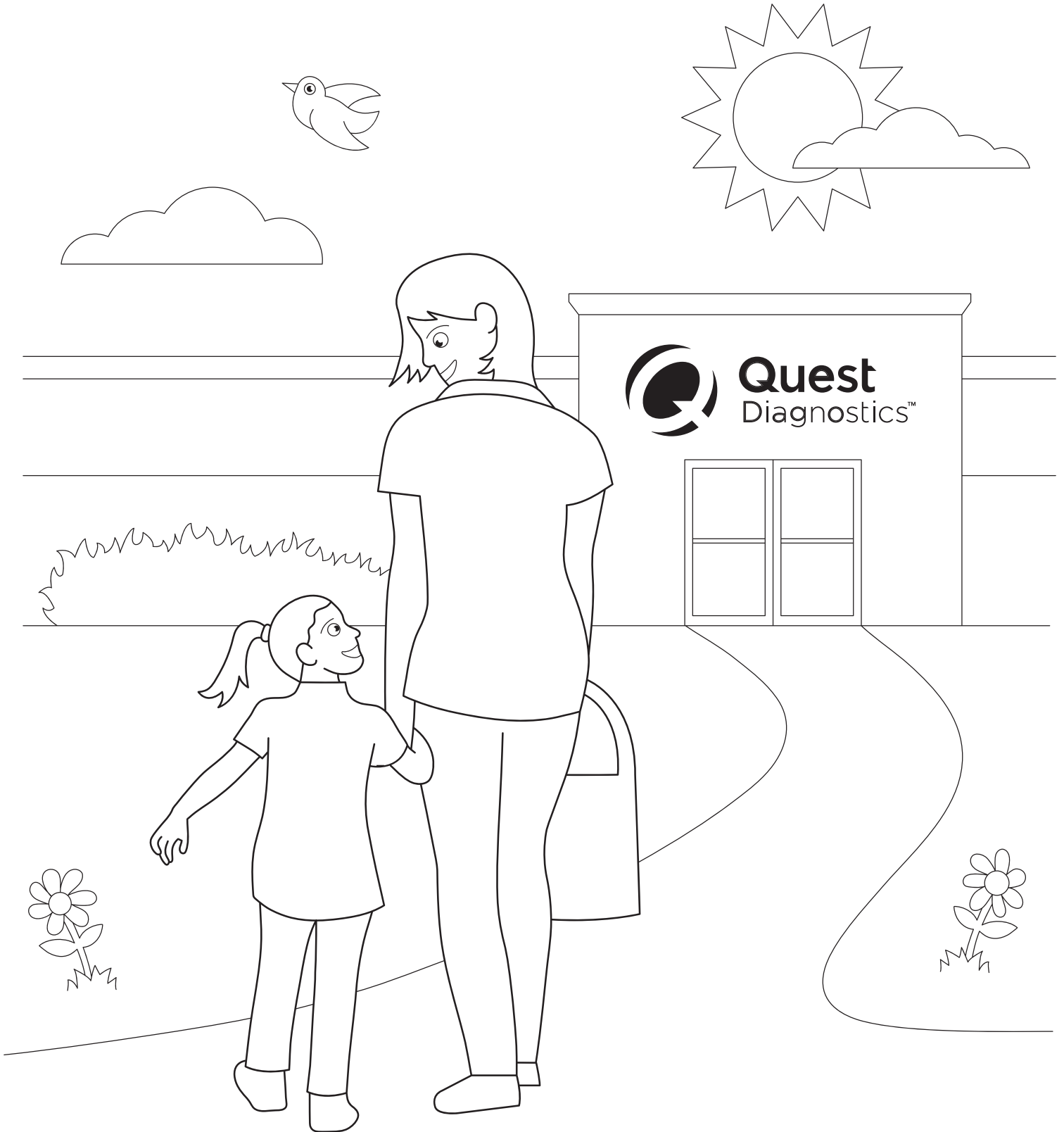


A Coloring and Activity Book

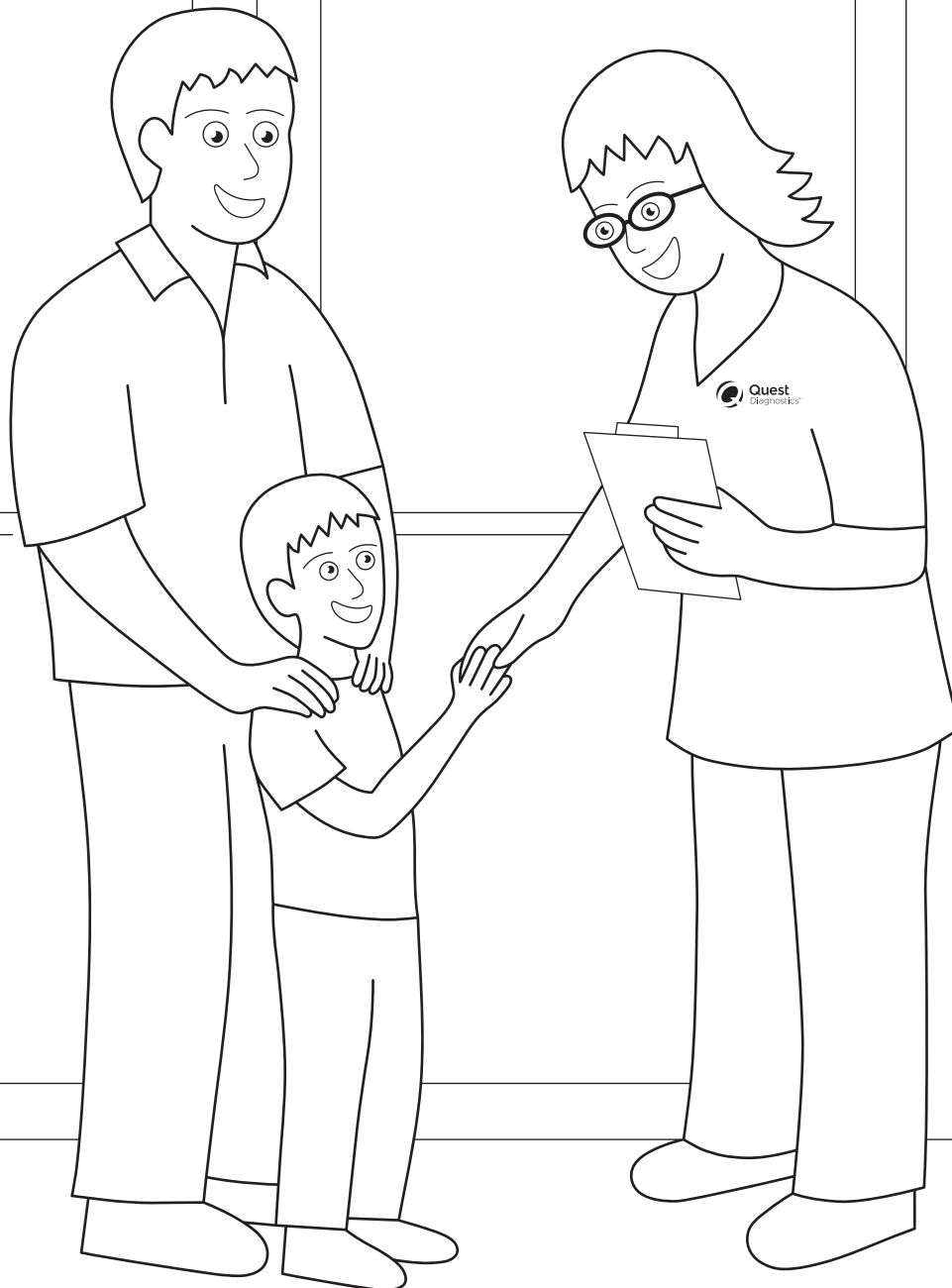
There are many reasons to see a doctor. Sometimes you are sick. Other times you are well, so you just need a check-up.



Sometimes your doctor wants to learn more about your health by looking at your blood. That's when your doctor will send you to Quest Diagnostics for a blood test.

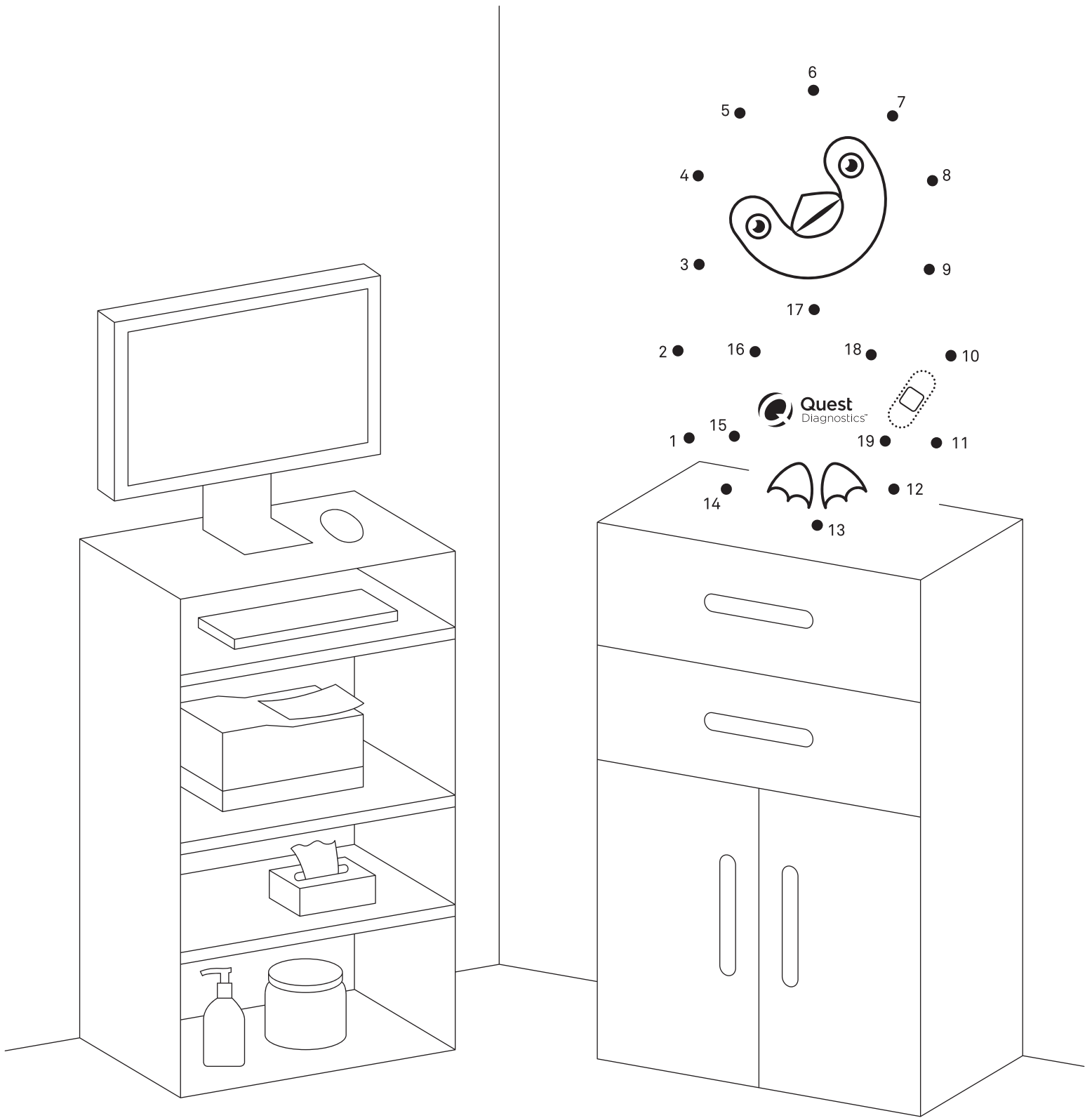


Welcome to Quest Diagnostics



This is a phlebotomist (fluh-bot-uh-mist).

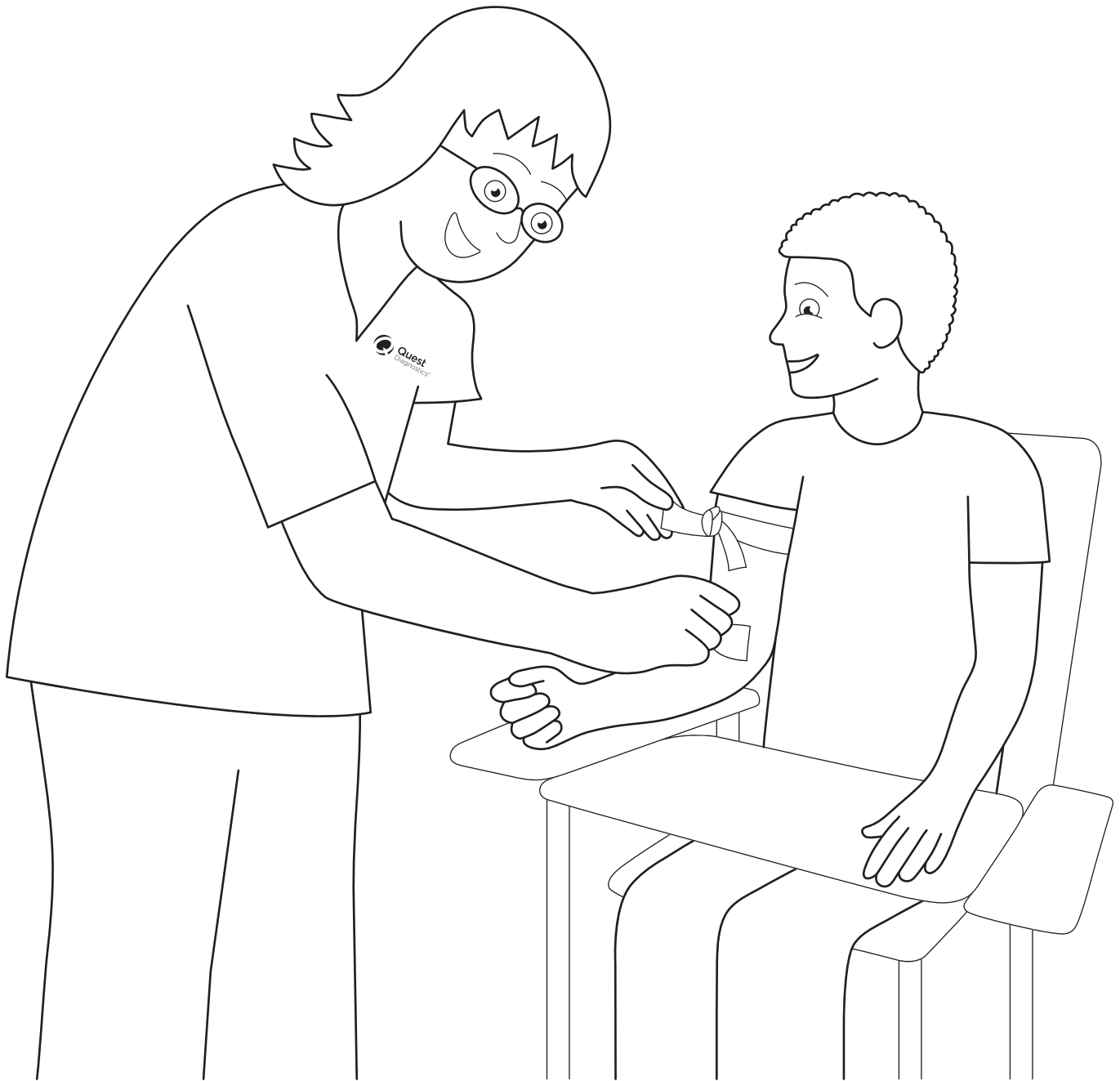
The phlebotomist is a person trained to take a sample of blood.



When it's your turn, the phlebotomist will take you and your parent to a special room. Can you find Quiggles™ the penguin here?

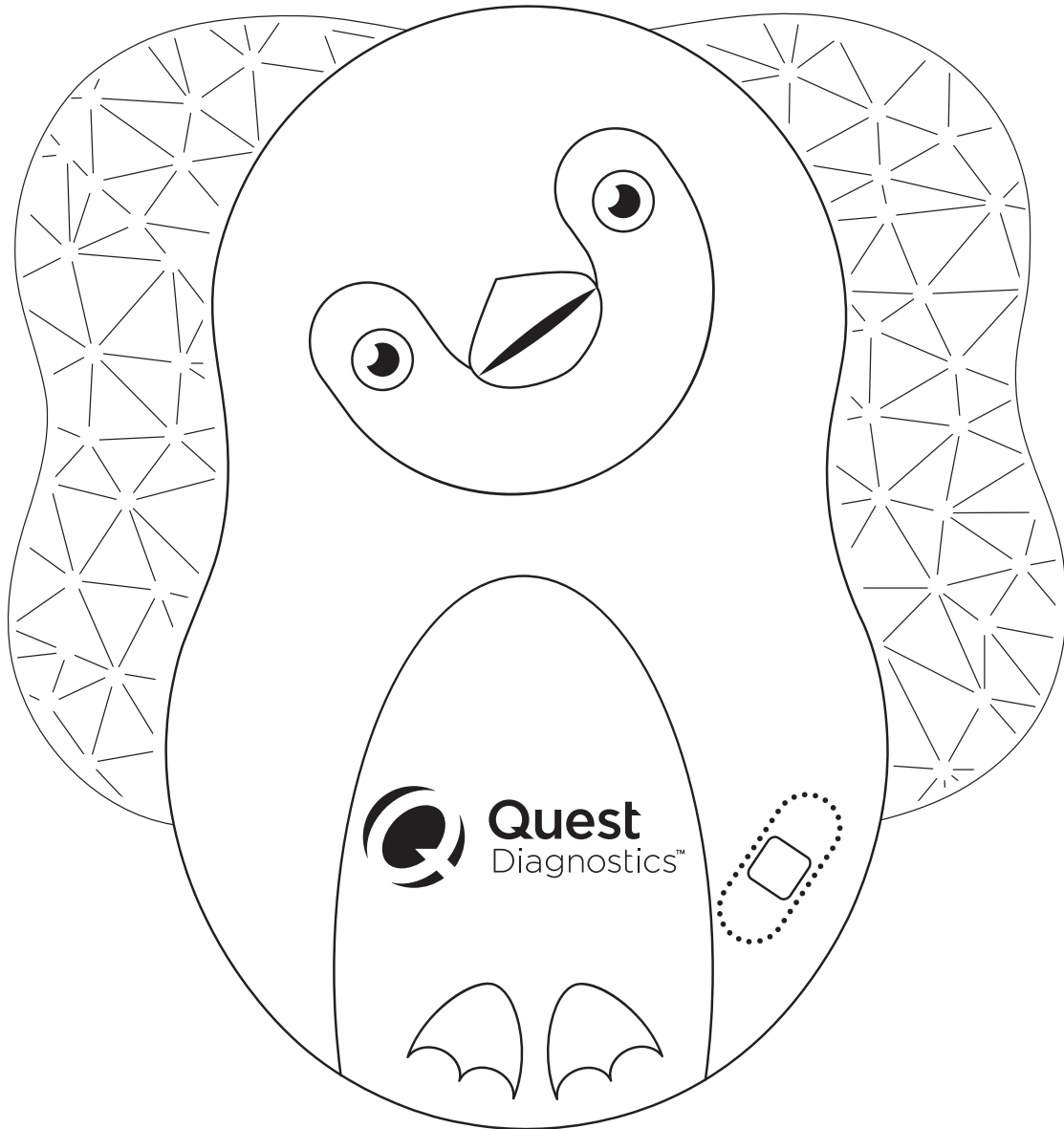


You can sit in the chair by yourself or on your parent's lap.



The phlebotomist will wrap a stretchy rubber band called a tourniquet (tur-ni-kit) around your arm and will clean the area.

Time for Quiggles to help!
Quiggles is a green penguin with special wiggly power
to help you feel more comfortable.



The phlebotomist will put Quiggles on your arm. He will feel cool
on your skin. Like other penguins, Quiggles likes the cold.
So he takes an ice pack with him wherever he goes.

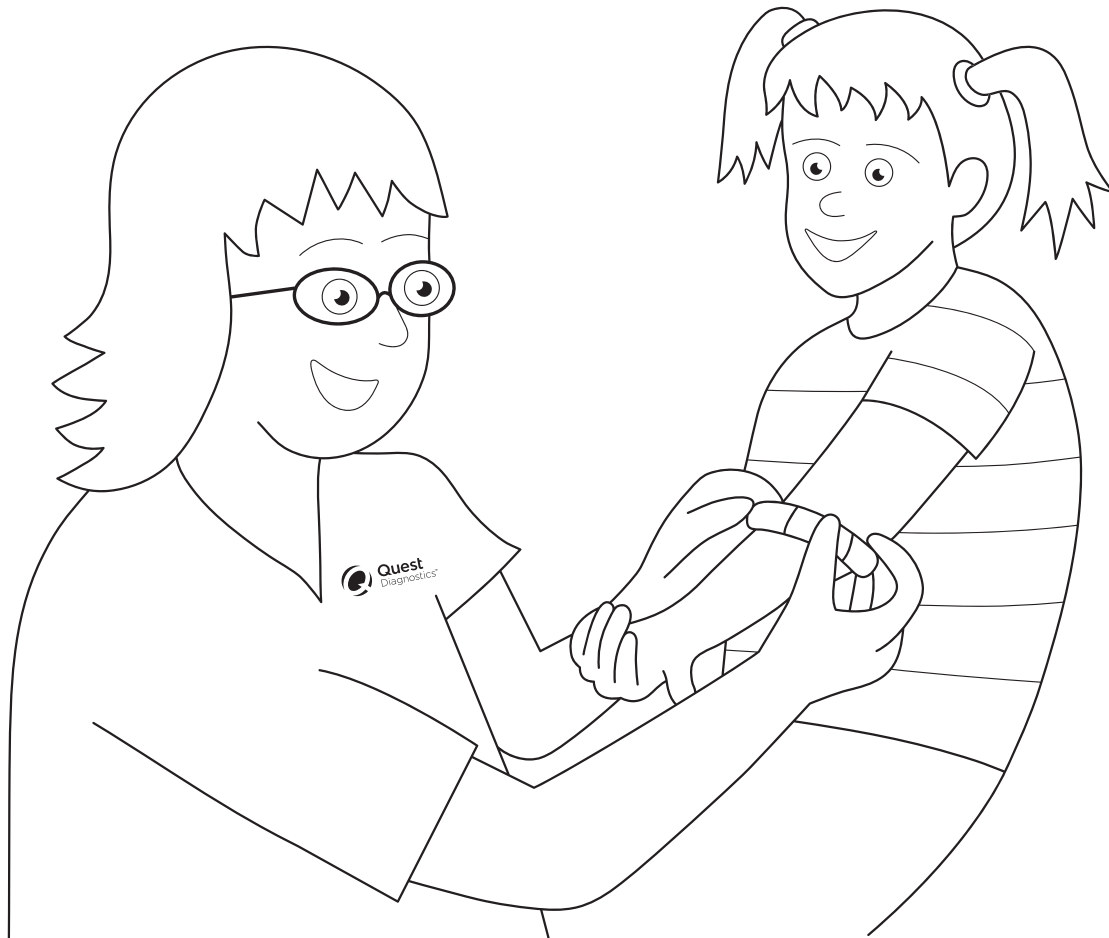
The ice pack helps your arm, too!

Quiggles wiggles, but it's important that you stay very still when the phlebotomist takes your blood.

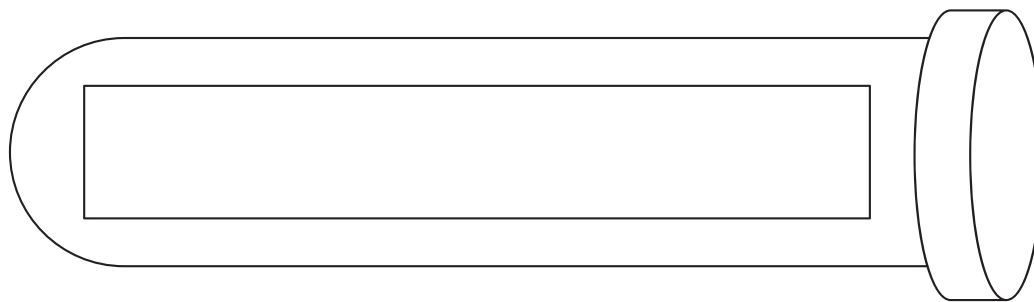


You will feel a little pinch. Try taking deep breaths or singing your favorite song. It will be over quickly.

Great job being brave! The phlebotomist will put a small bandage on your arm.

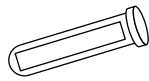
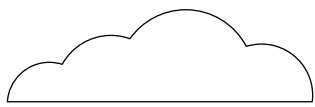
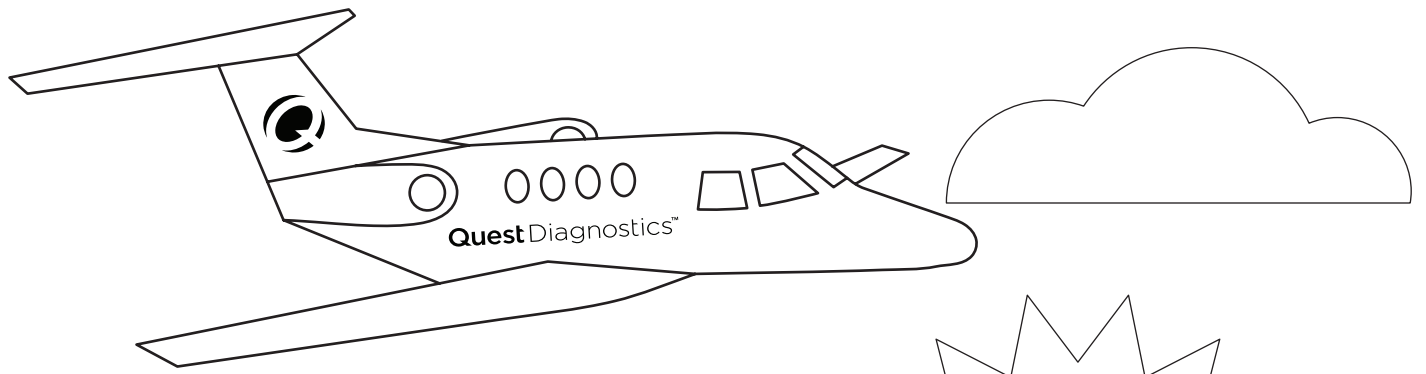


Your blood sample will go into a small tube labeled with your name.
That's it, you're all done...

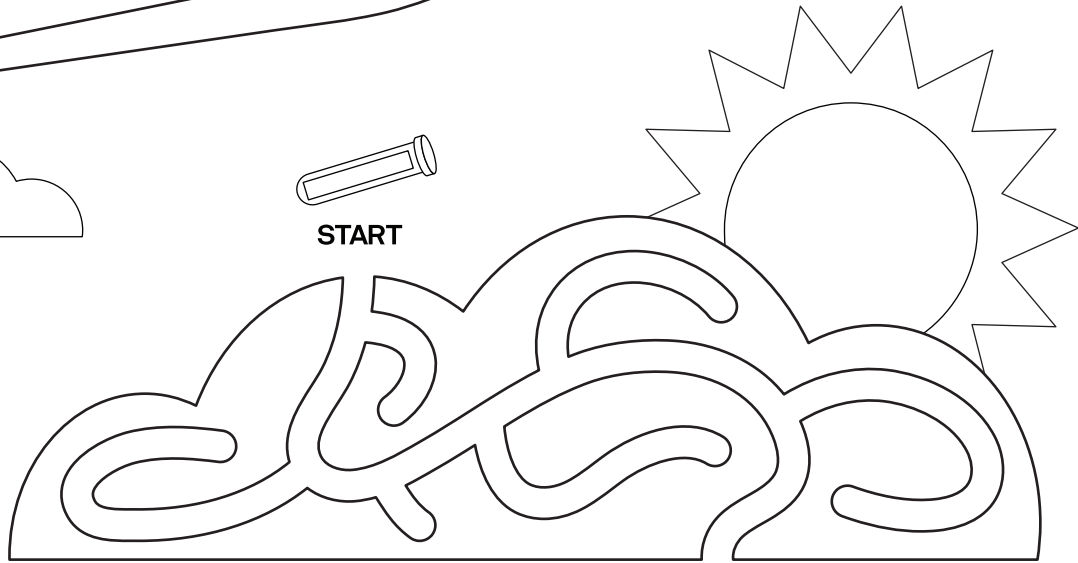


WRITE YOUR NAME
ON THE TUBE

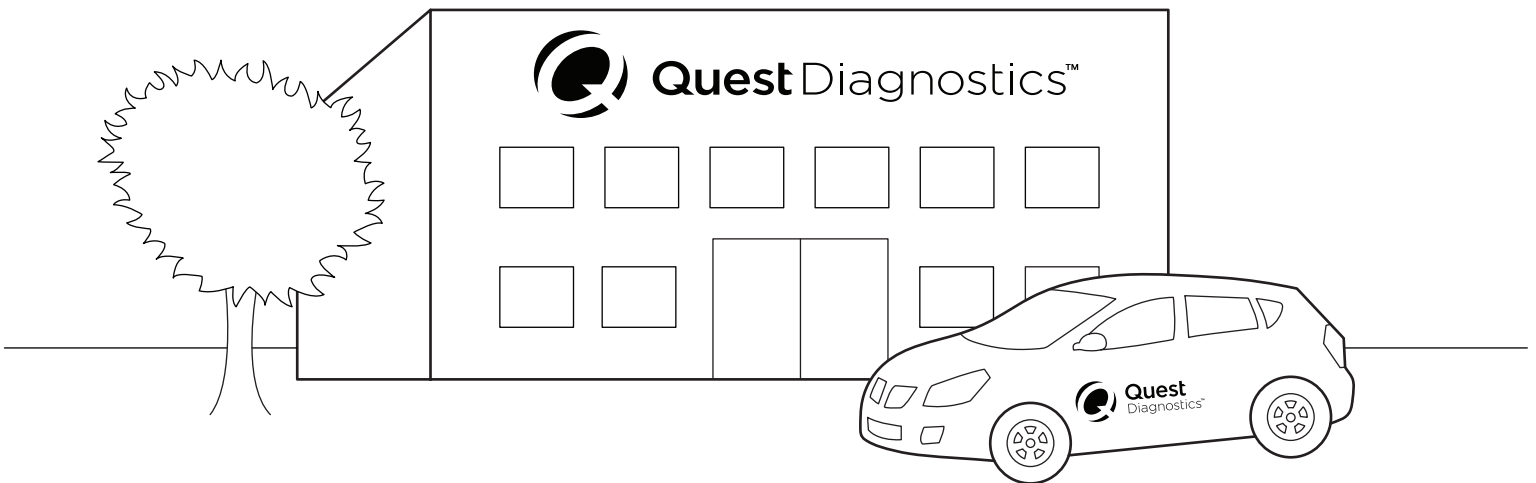
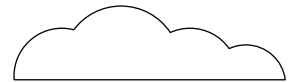
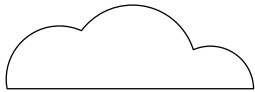
...but the adventure for your blood has just begun! Now the tube with your blood will travel to a Quest Diagnostics laboratory.



START



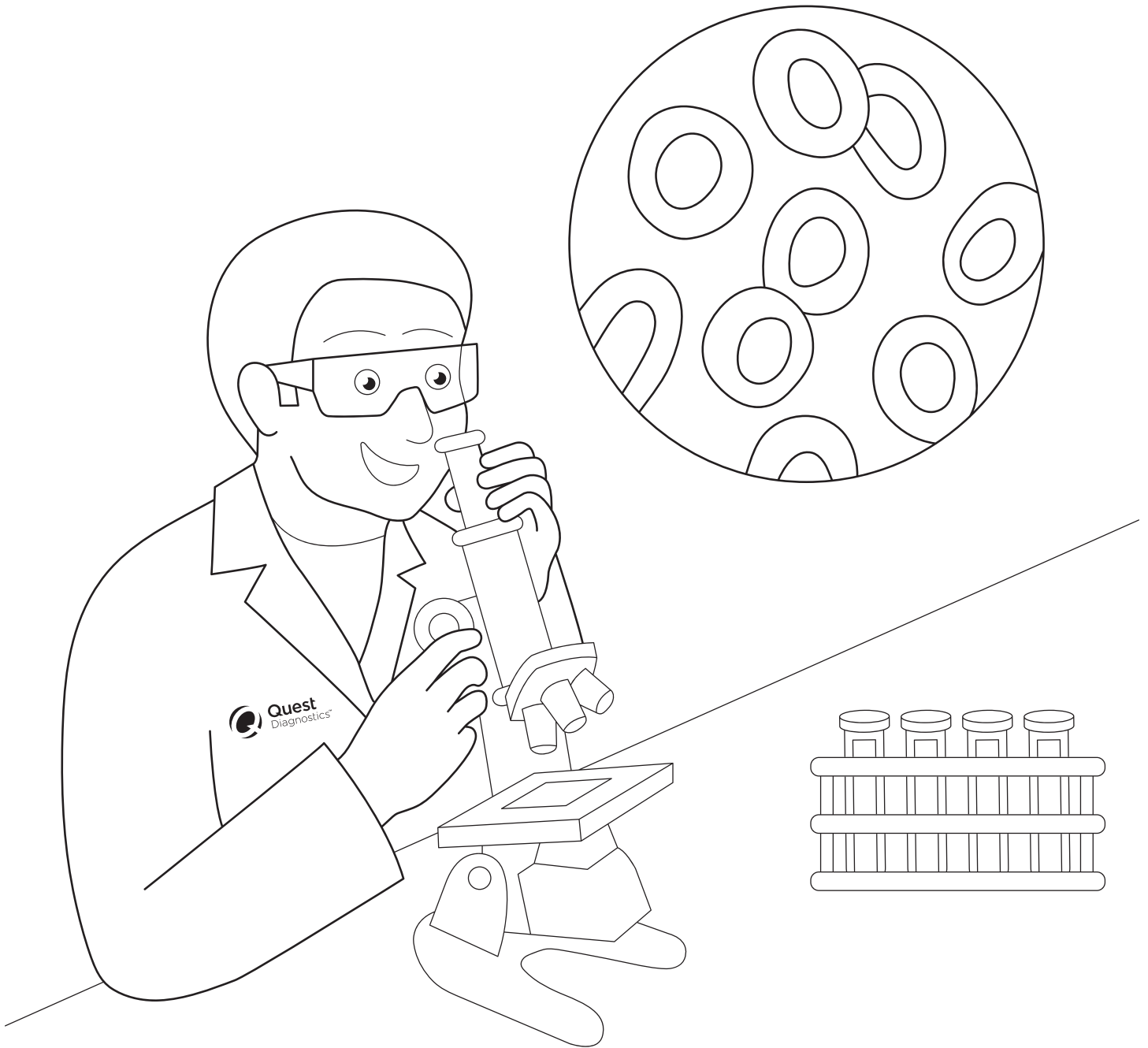
FINISH



A laboratory is where Quest will look at your blood to learn about your health.

Sometimes your sample will travel by car. Other times it will go by airplane. Can you help the plane get to the laboratory?

At the laboratory, a person called a technologist may look at your blood under a microscope.



Looking through a microscope is like wearing powerful glasses. The technologist can look at what we can't see with our eyes.

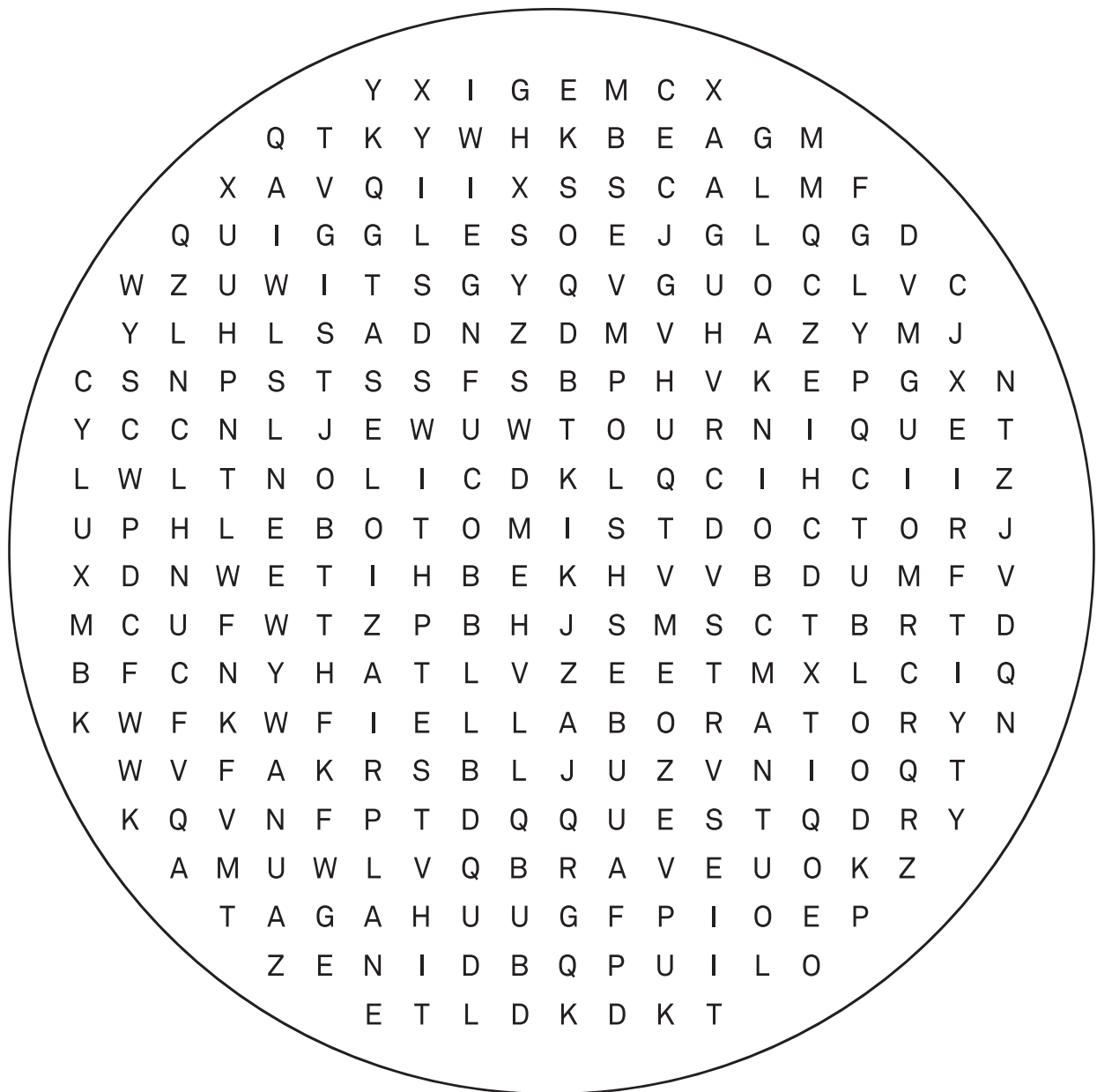
That's how the technologist sees your blood cells. This is how Quest helps your doctor, so your doctor can help you stay healthy.

You have learned many new words
 during your trip to Quest.
 Let's see how many you can find below:

AIRPLANE
 BLOOD
 BRAVE
 CALM

DOCTOR
 LABORATORY
 PHLEBOTOMIST
 QUEST

QUIGGLES
 TEST
 TOURNIQUET

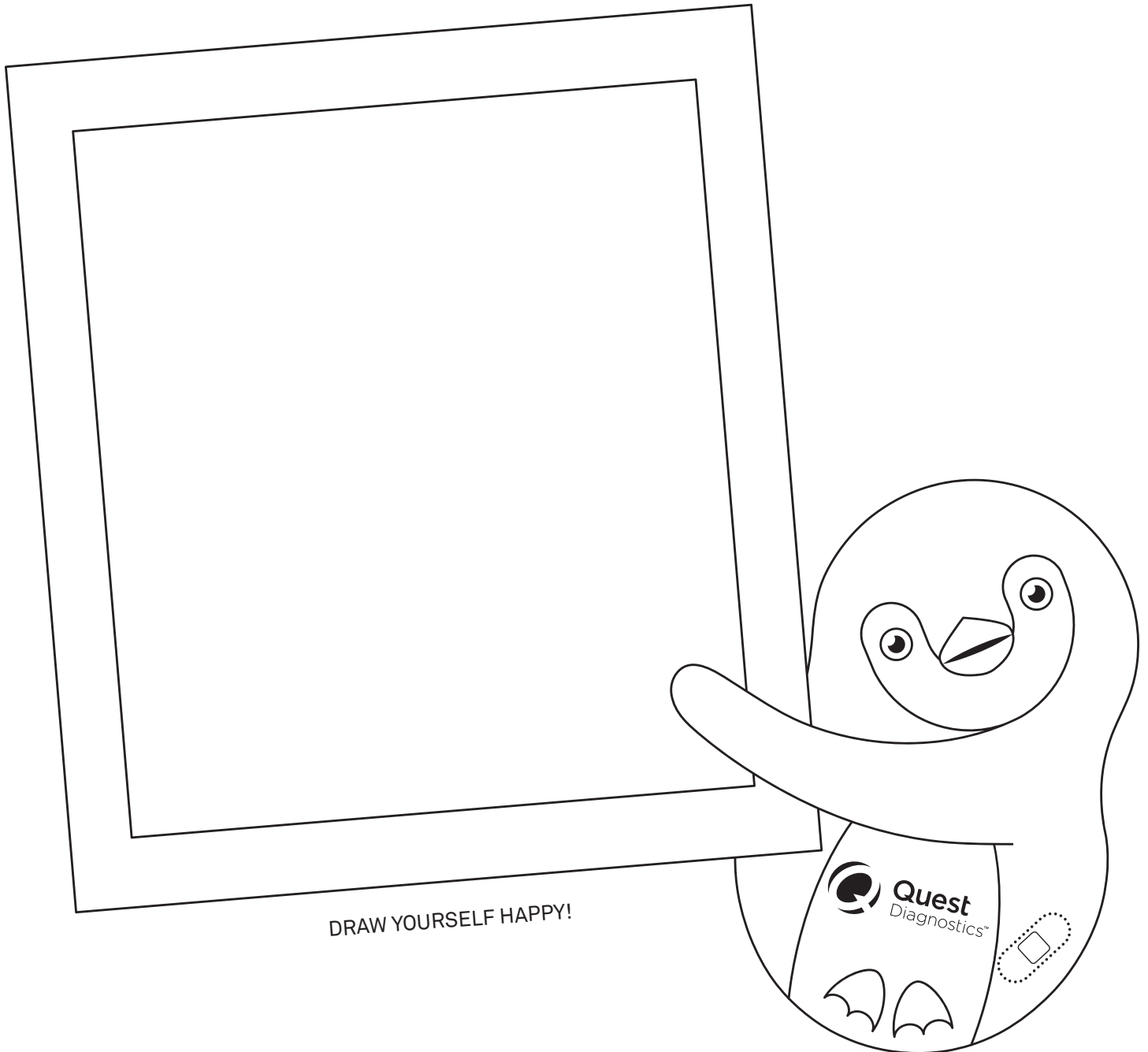


Quest will send the results of your blood test to your doctor.
Your doctor will send the results to your parent.



The results help your doctor and parent
know how to take good care of you.

And that's how your trip to a Quest Diagnostics Patient Service Center can help keep you healthy and happy!





Preparing for your child's Quest Diagnostics visit

Having your child's blood drawn can be scary for both you and your child, but you can help build confidence and create a calm environment.

You may be reading this book in the waiting room of your local Quest Diagnostics Patient Service Center, or your child's appointment may be days away. Either way, we want to help you feel confident about the blood-testing process.

Check out QuestKidsPrep.com for more kid-friendly tips and encouragement, like how breathing techniques can help you both relax, and whether or not eating before an appointment is okay.

Please let the phlebotomist know how Quest can help make your child's visit a great experience!

Thank you for choosing Quest Diagnostics.



QuestDiagnostics.com

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