The iSupport Preparation Sheet

▲ This sheet is for children and young people (parents/carers can help fill it in)
▲ There is lots of information to help get ready for having a procedure such as an X-ray, blood test or examination.
▲ It is important that you are as involved in your procedure as much as you want to be and that you have a chance to say what is important to you.
▲ This sheet aims to help you get ready for your procedure. There is lots of space for you to write down your ideas and choices.

Before my procedure

One thing you should know about me is....

One thing I am interested in and like is.....

The best way to communicate with me is.....

Things I would like to know about my procedure are.....

Things I do not want to know about my procedure are.........
I am feeling ........................................ about having my procedure.

I feel like this because ..............................................................................................................

When I am having my procedure

I think ................................................ would help me when I have my procedure.

It is really important to me when I am having my procedure that ......................

I would like .............................................. to be with me when I am having my procedure.

If I need to keep really still for my procedure then the best way for me to do this is .................

After my procedure

After my procedure I would like to ..............................................................................................................

https://edgehill.ac.uk/health/research/rights-based-standards-for-children-undergoing-clinical-procedures