



Before a procedure

- **Some procedure can be avoided... sometimes.**

- If your child has a gastroenteritis or another viral infection, hydrate them well using diluted apple juice or rehydration solution. Administer small and frequent quantities. This will reduce the risk of requiring an intravenous line to rehydrate your child.
- If your baby needs a sterile (clean) urine test, a catheter may be necessary to administer the test. However, a newer and more comfortable procedure may be available. Ask your healthcare provider if it would be appropriate for your child: <https://babyology.com.au/health/baby-health/wee-search-theres-better-way-get-urine-sample-babies/> or <http://www.urgencehsj.ca/savoirs/prelevement-durine-clean-catch-chez-la-fille-inf/>.
- Many clean cuts to the face can be glued with medical glue to avoid stiches. Do not hesitate to ask the healthcare provider if this solution may be used instead of stitches.

- **Prepare yourself and your child.**



- Have a discussion with your child about where you are going and how people there will help feeling better.
- Help your child reducing their fear of the doctors and nurses by staying composed yourself.
- If you have time before leaving home, pack a bag with your child's favorite toys for distraction during the procedure.
- If you didn't have time to pack anything, ask if toys, games or books are available on site to distract your child during the procedure.

- **While waiting, help reducing anticipation and fear by using distraction.**