

ARE YOU WORRIED ABOUT NEEDLES? IGI IS HERE TO HELP



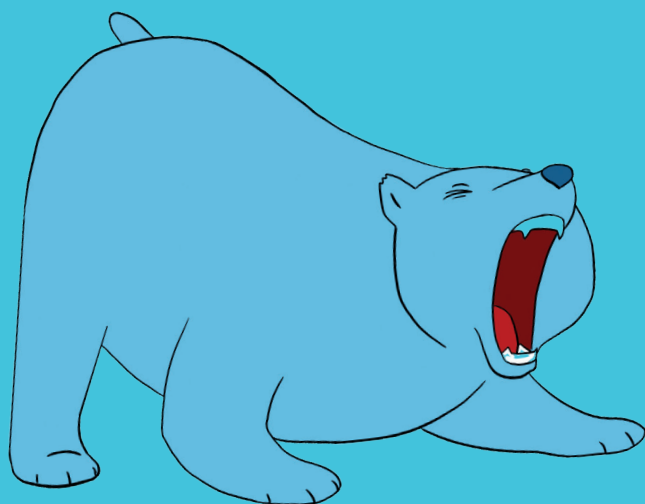
In this booklet, your friend IGI answers some questions you might have about the needles used for your infusion or injection treatment.

Remember, if you have any questions, talk to your doctor or nurse.

NEEDLES CAN BE SCARY, BUT THEY CAN ALSO BE USED TO HELP DELIVER TREATMENT TO YOUR BODY

NEEDLES CAN SEEM SCARY TO SOME CHILDREN AND EVEN ADULTS

But it is very important that you have your infusion or injection treatment, even if you feel good, to help manage your health.



WHAT IS A FEAR OF NEEDLES?

A fear of needles (which some people call needle phobia) is when you are so worried about needles that you don't want to have your infusion or injection.

A fear of needles is quite common – lots of other people have it too.

DID YOU KNOW?

Around 1 in every 10 people has a fear of needles.

HOW CAN A FEAR OF NEEDLES MAKE YOU FEEL?

If you have a fear of needles, seeing or thinking about needles and injections can make you feel quite unwell. Some people feel that their heart beats really fast, they get sweaty and shake, and they feel dizzy. Some people might even pass out.

If you feel this way when getting your infusions or injections, don't worry! Speaking about your fears with your doctor or nurse may help you feel less anxious or worried about getting needles.

HOW DO YOU FEEL ABOUT NEEDLES?

Meet Emily, Ben and Chloe. They all have to get infusions or injections, like you. Below they tell us how they feel about needles.

When you think of needles are you more like Emily, Ben or Chloe?



EMILY SAYS

"Needles aren't the scariest things in the world. They're only little and the medicine they give me helps me feel better."



BEN SAYS

"I don't like needles that much. I worry about getting my infusions sometimes."



CHLOE SAYS

"I'm really scared of needles. Anytime I think about them it makes me feel bad. I even fainted at my last infusion. I sometimes try to avoid them."

IT'S GOOD TO TALK ABOUT IT

If you have a fear of needles, your infusions or injections can be a scary experience. It is important that you tell your parents or caregivers, doctor or nurse that you are worried about needles. Once they know how you feel, they can help you feel better about your infusions or injections.



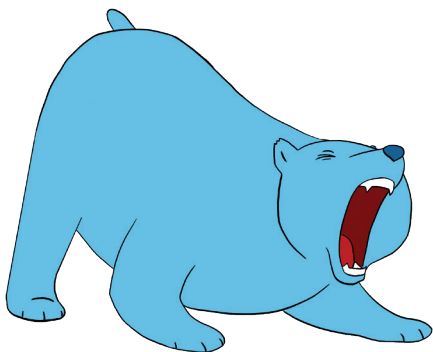
THINGS TO HELP YOU FEEL BETTER ABOUT NEEDLES DURING YOUR INFUSION OR INJECTION

The next time you are having your infusion or injection, try the following activities to see if they help you worry a bit less.



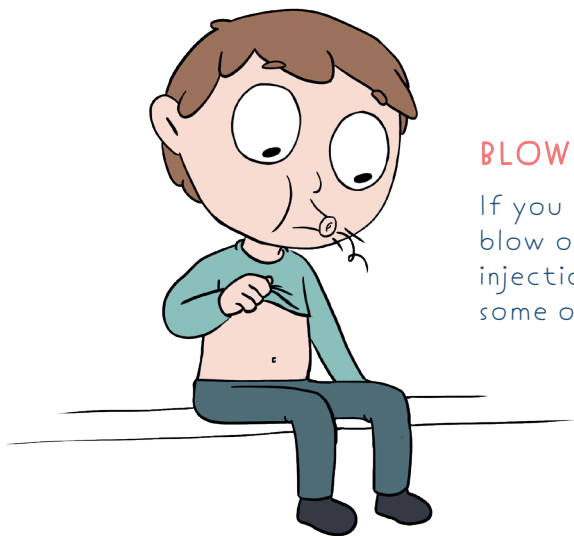
TAKE A DEEP BREATH

Put your hand on your tummy and take a long, slow breath in through your nose, right down into your belly. Then breathe out slowly through your mouth. Try repeating this 5 times.



GROWL LIKE A BEAR...

...meow like a cat or maybe even trumpet like an elephant. Any time you feel worried during your infusion, practice making your favourite animal noise.



BLOW THE PAIN AWAY

If you feel sore, gently blow on your infusion or injection spot to blow some of the pain away.

Remember, needles and your infusion
or injection treatment can help you
manage your health.

Don't forget, if you have any
questions, talk to your parents,
caregivers, doctor or nurse.

Sources:

1. Guy's and St Thomas'. Overcoming your needle phobia (fear of needles): Blood, injury and needle phobias and procedural anxiety. Available at: <https://www.guysandstthomas.nhs.uk/resources/patientinformation/all-patients/overcoming-your-fear-of-needles.pdf> Last accessed: Apr 2022.
2. University Hospital Southampton. Patient information factsheet. Available at: <https://www.uhs.nhs.uk/Media/Controlleddocuments/Patientinformation/Tests/Blood-injury-and-needle-phobias-and-proceduralanxiety-patient-information.pdf> Last accessed Apr 2022.
3. Zhou Q, Jin J-fen, Zhu L-ling, et al. The optimal choice of medication administration route regarding intravenous, intramuscular, and subcutaneous injection. *Patient Preference and Adherence*. 2015:923.
4. Canadian Psychological Association. "Psychology Works" Fact Sheet: Needle Pain. Available at: <https://cpa.ca/psychology-works-fact-sheet-needle-pain/> Last accessed May 2022.

