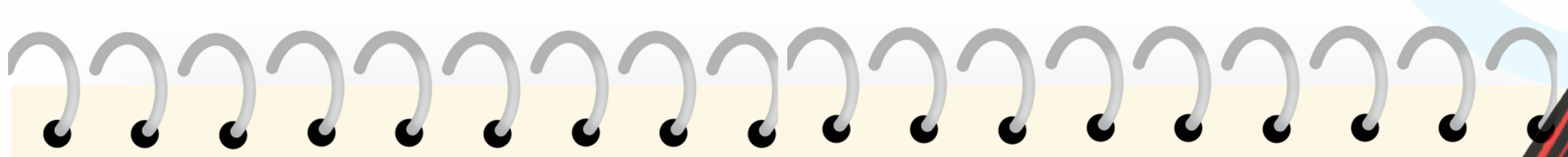


# The iSupport Prep Sheet



- This sheet is for children (parents/carers can help fill it in).
- There is lots of information to help get ready for having a test, treatment, examination or intervention (procedure) such as an X-ray or blood test.
- 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 matters 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....

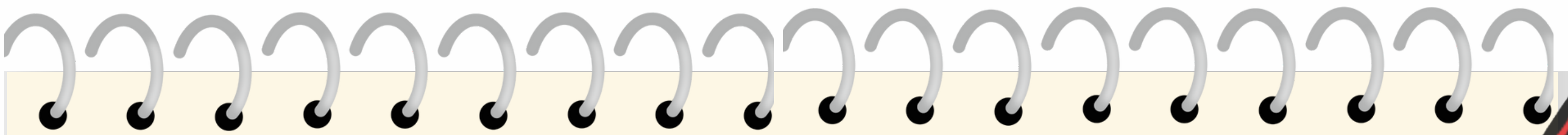
Things I would like to know about my procedure are....

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....

