

## Familial hypercholesterolaemia blood collection

Children and young people with familial hypercholesterolaemia (FH) often need to take medicine to lower their levels of LDL cholesterol (bad cholesterol) from an early age, to reduce the likelihood of developing heart disease in adult life. Regular blood tests are required to monitor how well the medicine is working and for adverse effects.

### 1. Collection centres

There are various collection centres where your child can have their blood tests done. **However, please note if you have been directed to have an FH gene test, we strongly recommend PathWest as the preferred collection centre for centralised genetic testing.**

**PathWest:** accept all pathology request forms at their collection centres and laboratories with no out of pocket cost. Find your nearest collection centre:

<https://www.pathwest.health.wa.gov.au/News/2021/09/Find-your-nearest-Collection-Centre>.

**Australian Clinical labs:** accept all pathology request forms. Find your nearest collection centre: [www.clinicallabs.com.au/location/](http://www.clinicallabs.com.au/location/)

**Clinipath Pathology:** Find your nearest collection centre: [www.clinipathpathology.com.au/our-locations/](http://www.clinipathpathology.com.au/our-locations/)

**Saturn Pathology:** is a certified Western Australian medical laboratory which offers mobile appointment-based blood test collections. Qualified collectors can come to your home. Visit the website for more information: [Saturn Pathology](http://Saturn Pathology)

### 2. Collecting the blood sample

The blood sample is taken from a vein in the arm. **Your child does not usually need to fast for routine checks of cholesterol and other lipids.** If any specific tests require fasting, we will specify that on the pathology request form and let you know.

EMLA Cream is an option to reduce pain on the skin from the needle used to draw blood. It can be bought from a pharmacy and contains the local anaesthetics lidocaine and prilocaine, which numb the surface of the skin for a short time.

EMLA Cream is applied to the inner aspect of the elbows 30-60 minutes before blood collection. Squeeze the cream into a small mound (about the size of a 10c piece). Do not rub the cream in. A dressing or cling wrap is then applied over the cream.

If taking blood causes significant distress, finger prick samples can be done at PCH PathWest for certain blood tests.



### 3. Helpful strategies

**You know your child best.** Discuss with us what comforts or bothers them and remember, feelings are contagious – calm yourself first. Help your child understand why collection is needed and focus on the positives.

Make a comfort plan	
1. Give them simple choices.	
2. See <b>Keeping Kids in No Distress (KKIND)</b> . Scan the QR code or visit: <a href="https://pch.health.wa.gov.au/Our-services/Keeping-Kids-in-No-Distress">https://pch.health.wa.gov.au/Our-services/Keeping-Kids-in-No-Distress</a>	
3. Choose a comfort position – scan the QR code or visit: 4. <a href="https://www.megfoundationforpain.org/comfort-positions-a-guide-for-parents-and-healthcare-professionals/">https://www.megfoundationforpain.org/comfort-positions-a-guide-for-parents-and-healthcare-professionals/</a> a. Comfort tools can help (e.g. numbing cream, BuzzyBee, Smileyscope and breath tools).	
5. Help your child focus on something they love (e.g. toy, music, device).	
6. Help them use belly breathing (e.g. blow a pinwheel, pretend candles). See breathing for comfort with SuperMeg – scan the QR code or visit: <a href="http://www.megfoundationforpain.org/breathing-for-comfort-with-supermeg/">www.megfoundationforpain.org/breathing-for-comfort-with-supermeg/</a>	
7. Your positive words and soothing actions can help your child feel more comfortable. See Epic Kids – scan the QR code or visit: <a href="https://epickids.org.au/parents-caregivers">https://epickids.org.au/parents-caregivers</a>	

The FH Team at Perth Children’s Hospital can be contacted at [PCH.FH@health.wa.gov.au](mailto:PCH.FH@health.wa.gov.au) or by phone on 0461 393 580 if you have any queries.



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