

Needle phobia



Needle phobia means being very afraid of anything involving needles



Having a fear of needles is common in adults



Pictures and videos of needles can cause people to be afraid



A doctor or nurse might need to use a needle because

- you need a blood test
- you need an injection





A doctor or nurse might use a needle to help you feel better if you are ill



Being in a private space, for example the GP, can make people feel less afraid



You can use a special cream to make a needle less painful



Practising what will happen before going to the doctor might make people feel less afraid



Talking to someone while getting an injection might make people feel less afraid



Playing a game while getting an injection might make people feel less afraid



You can tell the nurse if you are afraid of needles.
They will help you to feel relaxed