Needle appointment plan

Take this to your healthcare team. Tell staff about fainting or near-fainting before the procedure.

Editable PDF: replace or delete the fictional examples. Blank PDF: print and write. Guidance follows.

Appointment / reason / date / team

Main fears and previous experiences

Fainting or near-fainting / medical advice

My preferences / what staff need to know

Adjustments agreed with staff / date

Pause signal, consent and positioning

Support, travel and aftercare

What helped / request for next time

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Using this resource

Needle appointment plan

What this helps with

An appointment plan helps the clinical team understand your fear before a procedure begins. Needle fear can concern pain, fainting, loss of control, embarrassment or previous experiences; the helpful adjustments may differ. You do not need to hide these concerns or make yourself manage without support. This sheet organises a clear conversation. It does not replace the clinician's instructions, consent process or assessment of your physical health.

How to use it

1. Write what worries you most and whether you have fainted or nearly fainted before.
2. Contact the service in advance where possible and ask what adjustments they can offer.
3. Agree how staff will explain each stage, check consent and respond if you feel faint.
4. Record their instructions about position, preparation and any accompanying person.
5. After the appointment, note what helped and what you would request next time.

A fictional worked example

Imran had postponed a requested blood test because he feared fainting and feeling embarrassed. He contacted the practice and explained that he had previously lost consciousness during an injection. The nurse arranged to discuss a suitable position and a plan before starting. Imran asked for a clear explanation of the next step without watching equipment being prepared. He followed the practice's preparation instructions rather than changing his food or medication himself. Afterwards, he recorded that telling the nurse early made it easier to participate. He still felt nervous, but did not have to manage the appointment in silence.

Keep in mind

All injections and blood tests must be performed by qualified healthcare staff. Follow their advice about eating, drinking, medicines and positioning. Do not change medication or delay necessary care because of this worksheet. Unexplained fainting needs medical assessment.

Sources and attribution

Guy's and St Thomas' NHS Foundation Trust. (2024). Needle phobia and overcoming your fear.

Original material informed by the sources above. No outside organisation endorses this worksheet.

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