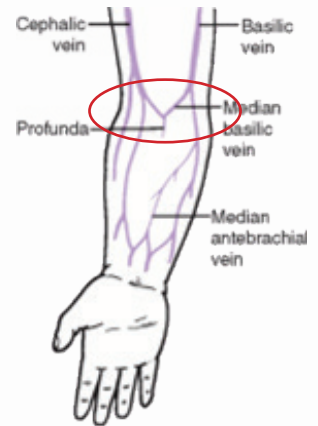


Lidocaine Cream Use to Reduce Hurt During IV Start

Over the counter 4% lidocaine products can be used to decrease the hurt associated with pokes for children 3 months of age and older. Do not use if child is allergic to these products or any of the ingredients in the product or plastic wrap.



Helpful Tips:

- Place a 2 stacked penny-size blob of cream for infants and increase amount to a quarter-size blob for older children, of 4% lidocaine cream on the inside bends (AC area) of both arms at least 30 minutes prior to lab draw.
- Try to cover all the blue lines in the inner elbow area, but do not rub the cream in.
- Do not put cream over injured skin. Cover with a tegaderm, press and seal, or plastic wrap.
- Encourage the child to leave this on by providing an explanation, redirection, and play.
- Do not leave a child unattended.
- Do not allow the plastic to get over the child's mouth or nose as this can be a choking hazard.
- Please put lidocaine cream on BOTH AC and top of hands so there are options to utilize the best vein.



Appropriate Explanation for a Child Prior to IV Start

"Your body needs a medicine that can only be given by an IV. An IV is a small straw that is placed in the veins, the blue/green lines you can sometimes see on someone's arms and hands. A little poke will be used to place the straw and this cream is to help the poke not hurt as much. It may feel like a small pinch or push. Your job is to sit safe in my arms or next to me, keep your arm still like a statue, and play. We will _____ (make a suggestion or give options for distraction such as play on my phone, blow bubbles, or squeeze a sensory ball) to help you if you wish.



Scan the QR code to watch a short 3 minute video to learn more about supporting your child.

Source: University of Iowa Stead Family Children's Hospital