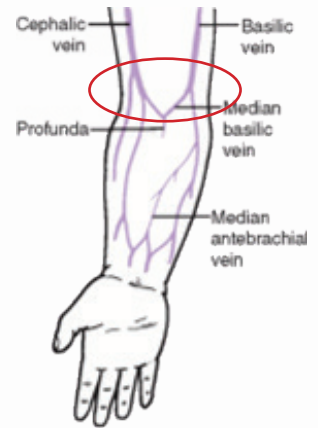


# Lidocaine Cream Use to Reduce Hurt During Lab Draw

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 areas so lab has options to utilize the best vein.



## Appropriate Explanation for a Child Prior to Lab

"Sometimes the doctor needs to take a little bit of blood to make sure your body is healthy (or know how to help your body). You have lots of blood in your body and they know exactly how much to take. A little poke will be used to get the blood and this cream is to help so the poke does not hurt as much. Your job is to sit safe in my arms or next to me, keep your arm still like a statue, and play while the tech gets the little bit of blood. 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 your body.



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

