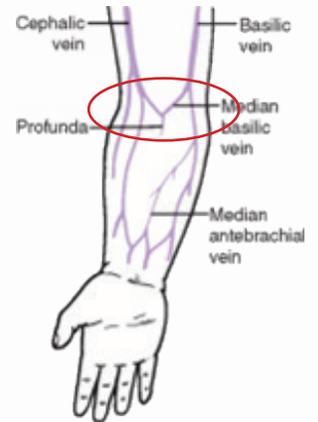


Lidocaine Cream Use to Reduce Hurt During IV Start

Over the counter 4% lidocaine products can be used to decrease the hurt associated with pokes. 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 and on top of both hands where you see blue/green lines at least 30 minutes prior to IV start.
- 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