Pain control options for venipunctures and IV placement

Instructions/Contraindications		Age Consideration
Lidocaine (ELA-MAX) 4% cream, 5g	• Must be placed approximately 30 minutes prior to poke for peak effect • Tip: Rub a small amount of ELA-MAX into the skin before placing the desired amount with tegaderm • Clean site prior to poke • Contraindicated in patients < 37 weeks gestation and/or those with a lidocaine allergy	≥ 2 months

Lidocaine 1% for use with J-tip syringe 0.2 ml	• Explain "rocket-ship" or soda can opening sound to patient
	   o Child Life has an mp3 of the sound it makes and can assist with medical play
	• Manipulate the skin to avoid injecting directly over the vein
	• Hold J-tip against the skin at a 90^0 angle before releasing.
	• Clean after using the J-tip and prior to poke. (see tip sheet)
	• Contraindicated for patients:
	   o Receiving chemotherapy or blood thinners
	   o Bleeding disorder
	   o < 2 months of age demo click here: J-Tip Demo
	   o Needing port access
	   o Lidocaine allergy
		Can be used >2mo of age
		
		Preschoolers or younger child/infant may find the noise frightening, ensure preparation for all ages.

Ethyl Chloride spray 100%	• Clean skin, spray site continuously for 3-7 seconds *(<10 seconds)* from a distance of 3-9 inches away • Effects last up to 60 seconds, spray immediately prior to the procedure (see tip sheet) • Contraindicated on open wounds, mucus membranes, and/or for children < 3 years old demo *(~00:35-1:35)* click here: Ethyl Chloride Demo	≥ 2 years
Sucrose	• Provide drops PO immediately prior to and during procedure	0 to 12 months
Shot blocker	• For injections i.e immunizations or flu shots (single use-may give to caregiver to use at PCP) • Clean site prior to use, position and hold firmly against skin during injection	All ages

Ordering Steps:
1. Click on "orders" then "go to order sets"
2. In the search box type "topical"
3. Right click to "add to favorites"
4. Click "open order sets"
5. Click the box of the desired order
6. Click "sign"
7. Order mode: "Protocol Inititaion
(LIP Sig Required)"
8. Select the attending provider, click "accept"
9. Scan medication prior to use

RANDALL CHILDREN'S HOSPITAL
LEGACY EMANUEL

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