

Pain control options for venipunctures and IV starts

Introduce options for pain control for venipunctures and IV starts to identify a patient-centered approach prior to the procedure.

Instructions/Contraindications		Age Consideration
Lidocaine (ELA-MAX) 4% cream, 5g	<ul style="list-style-type: none"> 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 < 2 months of age and/or those with a lidocaine allergy 	≥ 2 months <i>*Term infants – 2 months of age, must obtain an LIP order</i>
Lidocaine 1% for use with J-tip syringe 0.2 ml	<ul style="list-style-type: none"> Explain “rocket-ship” or soda can opening sound to patient <ul style="list-style-type: none"> Child Life has an mp3 of the sound it makes and can assist with medical play (preschoolers) Manipulate the skin to avoid injecting directly over the vein Hold J-tip against the skin at a 90° angle before releasing. Clean after using the J-tip and prior to poke. (see tip sheet) Lidocaine comes in multi-use vial. Place or check expiration label (30 days) and keep at Pyxis Contraindicated for patients: <ul style="list-style-type: none"> Receiving chemotherapy or blood thinners With a bleeding disorder < 2 months of age demo: https://www.youtube.com/watch?v=MGvSWtuu4z4 Needing port access With a lidocaine allergy 	School-aged + J-Tip may be used for preschoolers but they may find the noise frightening
Ethyl Chloride spray 100%	<ul style="list-style-type: none"> Clean skin, spray site continuously for 3-7 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 	≥ 3 years <i>*Age 2 years to 3 years, must obtain LIP order</i>
Sucrose	<ul style="list-style-type: none"> Provide drops PO immediately prior to and during procedure 	0 to 12 months
Shot blocker	<ul style="list-style-type: none"> For IM injections (appropriate for subcutaneous injections in bigger children) Clean site prior to use, position and hold firmly against skin during injection 	All ages

**Not per nursing protocol*

Ordering Steps:

- Click on “orders” then “go to order sets”
- In the search box type “topical”
- Hover and right click to “add to favorites”
- Click “open order sets”
- Click the box of the desired order
- Click “Sign”
- Order mode: **“Protocol Initiation (LIP Signature Required)”**
- Select the attending provider, click “Accept”
- Scan medication prior to use

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