

# OPTIONS TO HELP YOUR CHILD COPE WITH NEEDLE PAIN



## 24% SUCROSE OR SUGAR WATER

Sugar water is ideal for infants during shots or blood draws. A few drops are given inside the cheek or on the tongue before the procedure.



## J-TIP

J-Tip can be used for patients who weigh 11 pounds or more. It doesn't hurt but it makes a loud popping noise. It works fast to numb the skin.



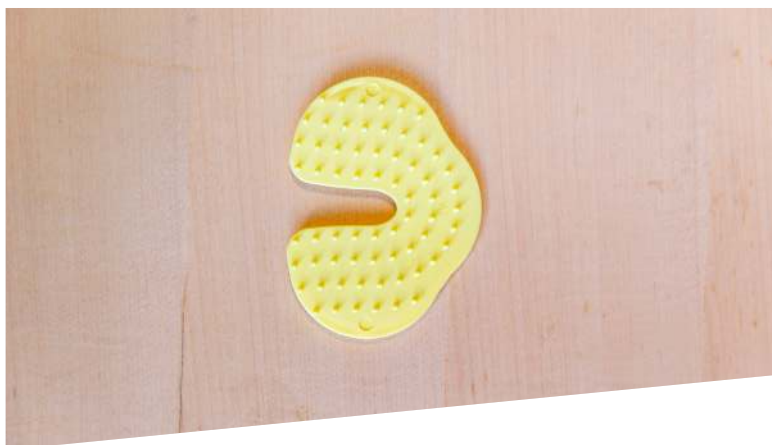
## BUZZY BEE

Buzzy Bee uses cold and vibration as a distraction from the pain of IV starts, blood draws and shots. It is placed above where the needle goes in. Your child can see and feel Buzzy Bee before it is used.



## SYNERA

For patients 4 months and older, Synera is a sticker that applies heat and numbs the skin in about 15 minutes. Synera is ideal for difficult-to-find veins for blood draws. The heat helps the veins get bigger, making them easier to find.



## SHOT BLOCKER

Shot Blocker has lots of points that get pushed into the skin near the injection site. This distracts from the pain so that a shot doesn't hurt as much. Your child can see and feel Shot Blocker before it is used.



## LIDOCAINE CREAM

For patients who weigh 8 pounds or more, lidocaine cream gets placed on the skin and covered with a bandage for about 30 minutes. When it is removed, the skin will be numb.

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## TLC NEEDLE POLICY

Hennepin Healthcare staff are committed to helping families and kids manage the fear and pain of needles.