

Children's blood tests - options for numbing the skin

Your child needs to have a blood test.

If your child has any of the following conditions please speak to a member of the nursing team:

- Eczema, dermatitis, sensitivity to Ametop/EMLA

Before your child has their blood test, we can offer the following options to numb their skin in order to reduce pain or discomfort:

- for children over one year of age: numbing cream (Ametop/EMLA) or cold spray (ethyl chloride)
- for children between one month and one year of age: numbing cream (Ametop/EMLA)
- for babies under one month old: talk to a member of the nursing team for more information

Numbing cream

Numbing cream is used to numb the surface of the skin. It is applied to the skin and covered with a clear dressing which is removed after 30 minutes, leaving the skin numb for up to 6 hours. The cream may make the skin go slightly red but this doesn't usually last long.

Cold spray

Cold spray is applied to the skin immediately before the blood test. It feels very cold and can help to reduce any discomfort that may be felt.

If your child is over one year of age, you can choose whether they have numbing cream or cold spray.

If you would prefer them to have numbing cream, speak to a member of the nursing team so that it can be applied and have time to work before your child is called in for their blood test.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone **023 8120 4688** for help.

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