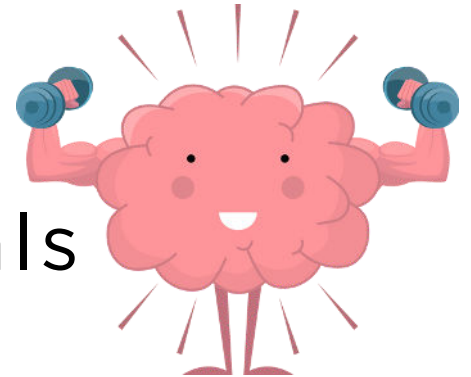


POKE PLAN

AGES 0-3



Defeat the Poke Signals

(Circle your choices)

1) When would you like the pokes done?



**START OF
VISIT**

OR

**END OF
VISIT**



2) How should we Decrease the Poke Signal?



Sugar Water?

See Below for Instructions
(Make and bring from home)



Numbing Cream?

See Below for Instructions
(Apply at home before visit)

3) How would you like to distract your child?



WATCH A VIDEO



LISTEN TO MUSIC



PLAY WITH TOYS

RECIPE FOR



- You can use sugar water to reduce your baby's pain. Sugar water is safe for babies, even newborns.
- Make sugar water at home by mixing 1 teaspoon of white sugar with 1 ounce of water.
- Give your baby some sugar water 1 or 2 minutes before the needle.
- Use a dropper (or syringe) to place the sugar water into the side of your baby's mouth between the cheeks and gums. Give your baby one drop at a time and let your baby suck on the sweet taste.
- You may also dip a soother (pacifier) into the sugar water and give it to your baby before, during, and after the needle.

Numbing cream

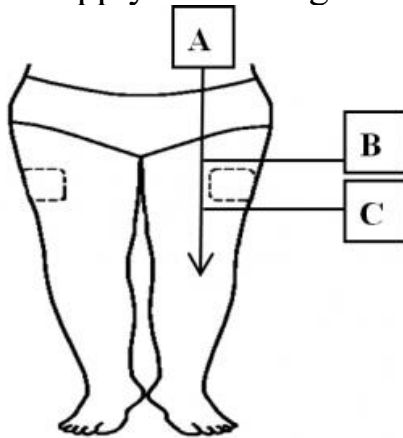
When, where and how should I apply?

When should I apply?

Approximately 30 min prior to visit. Leave it on until it is time for the poke>

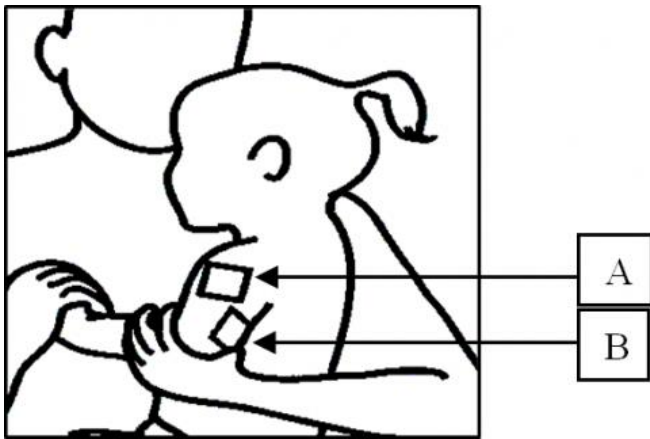
Where should I apply?

Child under 5 years old – Apply to both legs



1. Lay your child down facing you.
2. Draw an imaginary line down the middle of the front of one of your child's legs, from the hip to the knee (line A).
3. Next divide the upper leg into 3 equal sections (lines B & C). Apply the cream or patch to the middle outer section of the leg.

Child older than 5 years – Apply to both arms



How should I apply?

Step 1: We recommend over the counter LMX numbing cream

Step 2: Gather supplies – Numbing cream, tegederm or plastic wrap

Step 3: Do not clean skin first (Natural oils help with absorption). Apply a small amount and rub in completely

Step 4: On top of that apply a large glob and DO NOT rub in.

Step 5: Cover with tegederm or plastic wrap

Numbing cream video: https://www.youtube.com/watch?v=YrnSUJWU_30