

# Pain relief during blood tests

**This leaflet gives information on how we use pain relief when we take blood from your child. If you have any questions, please speak to a doctor or nurse caring for your child.**

Having a blood test can be scary, but we do our best to make it as comfortable as possible for children and parents.

At Evelina London Children's Hospital, we have a team of excellent play specialists. They can work with children before the test to prepare them, and can also use distraction techniques, such as blowing bubbles, during the test, which can make your child's experience better.

We can also give pain relief to reduce your child's pain during the procedure. Anaesthetic cream can be used to numb the skin. This is very good at reducing the pain of the procedure, but your child may still feel some discomfort during the blood test or while being held in the right position.

## What type of pain relief do we use?

### Sucrose

This is a sugar solution that we give your child while we do the test. Research has shown that this reduces pain in newborns and young infants.

### Numbing cream

Lidocaine cream can be used in children over 1 month old. We put it on the skin 45 minutes before the test and protect it with a plastic dressing, as it takes some time to numb the skin. It keeps the area numb for 4-6 hours.

### Cold spray (ethyl chloride)

This is a vapo-coolant. We spray a thin film onto the skin just before the blood test. This makes the skin cold, and less sensitive as it evaporates. This works within seconds, but wears off within minutes. It can be useful for children who are sensitive to numbing creams.

The information above should be read with any patient information given by the manufacturer.

## Contact us

If you have a question or concern relating to the above please speak to a healthcare professional who is looking after your child.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [w: www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

**Leaflet number: 4978/VER1**

Date published: May 2020

Review date: May 2023

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A list of sources is available on request