

## EMLA CREAM ADVICE – PHLEBOTOMY SERVICES LTD

EMLA cream (numbing cream) can be used to numb the area where we take the blood from – on the inside of the elbow or the back of the hand (if instructed). This can be bought over the counter or supplied on prescription from your GP with dressings. Some children find it more unsettling knowing something is going to happen by having this on their arm for a couple of hours. Some find it a relief because they know it will numb their arms. We leave this with parents to make the decision.

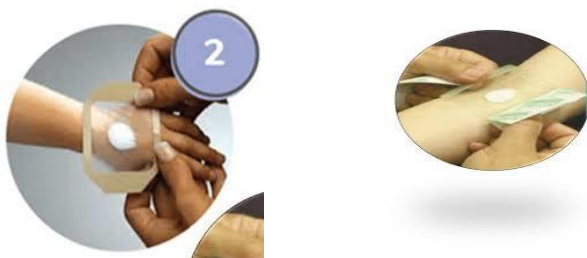
If used, the cream needs to be applied thickly and left on a good hour or longer, if possible, to have any affect.

Hopefully your GP or pharmacy will have provided you with some dressings with the EMLA cream, but if they haven't, simple cling film is fine to use. Follow the same instructions and just place cling film over the cream.

Squeeze the cream into a mound onto the site of the procedure (inner aspect of elbow of both arms & *only back of hand if you have been asked to*).



The cream needs to be thickly applied by placing a good blob in the centre of the arm then place the dressing or cling over it allowing it to spread evenly and thickly. Do not be tempted to rub it into the skin.



Check the time of application and leave it on a good hour – longer if possible.



4. Your Phlebotomist will remove or ask parent to remove the dressing and cream before completing the blood test.