

# Children's & Young People's Blood Tests At Cuckoo Lane

## TO PARENTS AND CARERS

- Full instructions are found in the box with the cream.

### IN BRIEF

- The EMLA cream is used to numb the area for the blood test 1-2 hours before your appointment
- Apply a small amount about 1-2 pence size to both inside elbows
- Remove the centre cut out piece from the Tegaderm, but leave the paper frame on
- Peel the paper liner off
- Cover the cream, holding down the Tegaderm frame
- Don't press on the cream as it must not be spread out
- Smooth down the edges avoid leaking
- Remove the paper frame and leave in place until you come for your appointment

## TO THE PRACTICE

- Please provide your patient with a prescription for:
  - EMLA Cream 5g x 1 tube (unless any contraindications )
  - Tegaderm Film Dressing (6cm x7cm x2 cm dressings)

Many thanks

The team at Cuckoo Lane

