

Procedural Comfort Menu

What I would like to know about the procedure:

- ☐ Teach me about everything BEFORE the procedure
- ☐ Tell me what you are doing DURING the procedure
- ☐ I don't want you to tell me anything about the procedure

Something I would like to use to make the poke more comfortable is:

- ☐ Buzzy Bee: A vibrating tool that helps to distract the brain from pain
- ☐ Shot Blocker: A bumpy plastic tool that helps pokes feel more comfortable
- ☐ LMX/EMLA: Cream that numbs the skin (this takes 30 min)
- ☐ J-tip: Sprays numbing medicine into the skin with a quick puff of air (sounds like a soda can)
- ☐ Cold Spray: A cold feeling spray that numbs the skin
- ☐ Intradermal: a small injection prior to procedure
- ☐ None of these

During the poke, I want to:

- ☐ Lie down
- ☐ Sit up
- ☐ Sit on my parent/caregiver's lap
- ☐ Sit next to my parent/ caregiver

We will do our best to make sure you are comfortable while also keeping your body safe.

Distraction and comfort measures:

- ☐ Watch the poke
- ☐ Look away/have a visual block
- ☐ Have a countdown before the poke
- ☐ Hold someone's hand
- ☐ Squeeze a stress ball
- ☐ Watch a movie or a video on a phone/tablet
- ☐ Play a game on a phone/tablet
- ☐ Listen to music
- ☐ Look at an I Spy book
- ☐ Blow bubbles or a pinwheel
- ☐ Tell jokes
- ☐ Visualize your favorite calm place
- ☐ Utilize deep breathing techniques
- ☐ Smell "Calm" essential oils
- ☐ Something else: _____

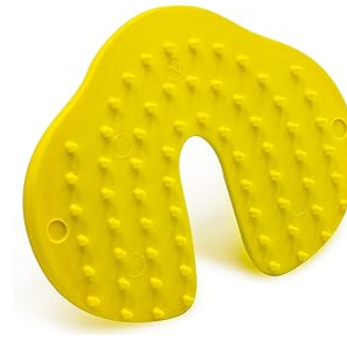
After the poke I want to:

My important jobs during the poke:
Try my best to keep my body still
Take slow, deep breaths

Buzzy Bee



Shot Blocker



LMX



J-Tip



Intradermal



Cold Spray

