



Emla cream and patches

Emla-cream numbs the skin for a short time. The cream is used for certain medical procedures, like inserting an IV line. Once the cream is applied to the specified area, your child will feel (almost) no effect from the procedure. The cream is covered with a special patch (Tegaderm®).

You will be given two prescriptions. One prescription is for the cream and the other is for the patches. You apply the cream and patches to the hand, inside the elbow or the buttocks. The healthcare provider will tell you where to apply the cream.

How much cream to apply and how long in advance

An Emla tube of cream contains 5 grams of ointment. The amount of cream you can apply depends on your child's age. The correct dose for your child is shown in the table below.

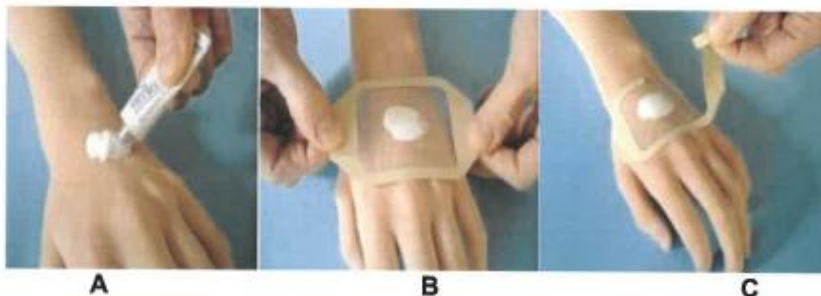
Emla Dosage Table

Age	Maximum dose One tube contains 5 grams	Number of sites
0-3 months	1/5 tube per site	1 site
3-12 months	1/5 tube per site	2 sites *
➤ 12 months	1/2 tube per site	2-4 sites

- For a child: apply the Emla-cream and stick the patch over it about 1.5 hours before you leave home.
- For a baby: do this a little later, as babies should not wear the patch and cream for more than 1 hour.
- It is often necessary to apply the cream in several places, for example, on the left and right arm.

You apply the cream and stick the patch on:

- hand** left right
 foot left right



- Inside the elbow left right
 Inside the wrist left right



- Buttocks** left right



How to apply the cream and apply the patch

- A. Squeeze some cream from the tube onto the agreed site (the hand, foot, inside elbow, inside wrist or buttocks). Apply the cream to an area where you can see a vein or where you think there is a vein.
Make sure to cover a large area thickly with the cream.
Do not rub or smear the cream.
- B. Remove the beige-coloured centre piece from the top of the TEGADERM® patch (the non-printed side). Leave the paper frame in place for a while to make it easier to apply the patch. Then remove the text-printed protection and stick the patch with the adhesive layer over the cream.
- C. Next, remove the paper edge from the patch. Press the edges so that the cream stays in place.

- D. You can use cling film instead of the patch. Wrap it liberally over the hand or elbow crease so the cream does not leak from underneath.
- E. Gloves or mittens help keep the patch in place and stop your child from picking at it.
- F. The cream works best on warm skin.
Warm hands make inserting the needle easier. If the needle is to be inserted in your child's foot, make sure their feet are warm.
- G. Make sure your child does not get the cream in their eyes or mouth.

Blood collection at the blood collection department (AtalMedial)

If your child's blood is being drawn at the blood collection department, you can remove the patch when your child is next in line. You can do this in the waiting room.

Your child needs a needle procedure

You can watch an animation with your child about a needle procedure on our Kidsplatform (kids.spaarnegasthuis.nl). Watch this animation at home:

- Your child will know what is going to happen in advance and be prepared.
- It will prevent or take away your child's unrealistic fantasies.
- It will give you information on how to respond to your child's questions and emotions.
- Your child will process the treatment better.



Het infuus

Questions

The information you are given must be correct and clear. If you have any questions after reading this information, please don't hesitate to ask them via your child's MijnSpaarneGasthuis electronic patient record. You can also call outpatient paediatrics on (023) 224 0070.

Online medical record MijnSpaarneGasthuis

You can find information about MijnSpaarneGasthuis and your child's online medical record at www.spaarnegasthuis.nl/altijdonlineoegangtotuweigendossier. You can also contact the patient information department on (023) 224 0224 or by email patientenvoorlichting@spaarnegasthuis.nl.

Waar zijn we te vinden?

Haarlem Zuid

Boerhaavelaan 22
2035 RC Haarlem

(023) 224 0000

Haarlem Noord

Vondelweg 999
2026 BW Haarlem

www.spaarnegasthuis.nl

Hoofddorp

Spaarnepoort 1
2134 TM Hoofddorp

info@spaarnegasthuis.nl