

Covenant Children's Hospital Comfort Menu

Call a Child Life Specialist if available



A purple plastic applicator bottle and two circular packets of Sweet-Ease numbing gel. The packets have text including "Sweet-Ease", "ANESTHETIC", and "PAIN RELIEF".

Sweet-Ease (age 0-6mo)



A black and yellow striped Buzzy Bee numbing device with a smiling face and the words "BEEZY BEEZY" on its sides. It is shown with blue cooling gel around it.

Buzzy Bee
(Best for Injections)



A collection of distraction items: a book titled "I SPY A BOOK OF PICTURE RIDDLES", a colorful fidget spinner, and a tablet computer in a protective case.

Distraction



A collection of numbing products: a syringe, a bottle of PainEase numbing cream, and a bottle of Regenecare HA spray.

Numbing



Three line drawings illustrating different comfort positions: a parent holding a child, a parent holding a child in a chair, and a parent holding a child in a bed.

Comfort Positons (see poster)

See back for details

Additional Information

Sweet-Ease (age 0-6mo)

Sweet-ease is an oral liquid made of sugar (sucrose) and water that can be used to decrease pain in infants. It is most commonly used for heel sticks, IVs, lab draws, catheter placement, and immunizations. Sweet-ease may be given by dipping a pacifier into the liquid and placing the pacifier in your infant's mouth, or by using a small syringe to drop a few drops onto your infant's tongue.

Buzzy Bee (Best for Injections)

Buzzy is a small vibrating bee with blue ice-pack wings that help block sharp pain and provides distraction when receiving injections. It uses a combination of cold and vibration to replace pain with temperature and movement.

Distraction

Engaging in thoughts or activities that distract attention from pain is a commonly used tool in pediatrics. Various activities and distraction items are available to help distract your child during their procedure. Ask your nurse if a Child Life Specialist is available to help provide these items and facilitate distraction activities.

Numbing

Pain Ease (cold spray)

- A topical numbing spray that numbs the skin by making it really cold before the poke
- Begins working in 4-10 seconds
- Last 1 minute

Lidocaine Gel Spray

- A topical numbing gel that numbs the top of the skin
- Must be left on for 5 or more minutes

J-tip

- Needle-free lidocaine injection that sprays numbing medicine under the skin using air
- Works in 1-2 minutes
- Lasts about 15-20minutes

Comfort Positons (see poster)

Comfort positions are secure hugging holds that help your child feel safe and secure during medical procedures. There are many comfort positions available for difference procedures. Since your child feels safest with you, we welcome you partner with our staff to identify positions that will work best for you and your child. A poster illustrating these positions can be found in your room.