

### Numbing Products Available in the Community

Numbing products and gels can be a helpful tool to reduce discomfort during a blood collection. Brand names of frequently used products include Ametop, Emla and Maxilene and are available in different sizes. These products are typically available for purchase at a pharmacy and may also be prescribed by a physician. These products may not be right for everyone and require special application instructions; be sure to consult with your physician and pharmacist.

Product Brand Name	Size(s)	Approximate Cost*	More information
Ametop	1.5g Tube	\$6 - \$10	<a href="http://www.smith-nephew.com/canada/products/advanced-wound-management/ametop/">http://www.smith-nephew.com/canada/products/advanced-wound-management/ametop/</a>
EMLA	5g Tube	\$15 - \$20	<a href="http://aspenpharma.ca/product/anaesthesia/">http://aspenpharma.ca/product/anaesthesia/</a> <a href="http://aspenpharma.ca/download/1575/">http://aspenpharma.ca/download/1575/</a>
	30g Tube	\$52 - \$68	
	1g Patch (2)	\$10 - \$11	
Maxilene	5g Tube	\$12 - \$18	<a href="http://www.rgrpharma.com/msds/msds-maxilene4.html">http://www.rgrpharma.com/msds/msds-maxilene4.html</a>
	15g Tube	\$36 - \$42	

\*Pricing is based on general information from pharmacies in the Calgary area in February 2019.

### How to apply

Follow the instructions provided by your pharmacist or physician. Generally, products need to be applied 30-60 minutes before the blood collection.

### Where to apply

Generally the numbing product is applied to the arm in what is known as the antecubital area, as shown in the images below. This is the location for most blood collections, however this can change in some circumstances to other areas such as the back of the hand. Laboratory staff can help you determine where to apply the numbing product.

