

Comforting your Baby During Medical Tests

Plan ahead with your healthcare provider and use these tips to help ease your baby's pain.

Distraction



Distraction: During the test, change your baby's attention by talking to them, gently patting them, or using a favorite toy. Ask your healthcare provider to tell you **how and when** to start.

Kangaroo Care



Skin-to-skin/kangaroo care: rest the diapered baby on your chest during a medical test. Start at least **10 minutes** before the test starts. Ask your healthcare provider for help if needed.

Breastfeeding



Breastfeeding/chest feeding: start at least **2 minutes** before and carry on during the medical test. Keep holding the baby in the same spot unless you are told by the healthcare provider to move them.

Numbing Cream



Numbing Cream: For some tests, such as needles or soft tubes used to drain urine, numbing cream can help reduce pain. Ask your nurse or doctor where and when to put the cream on. Numbing cream takes **15 to 60 minutes** to work.

Other Ways to Comfort your Baby

Swaddling: Ask your nurse or doctor how to wrap your baby snugly to help them feel calm. The wrap may need small changes so the test can be completed safely.

Milk-free sucking: Letting your baby suck on a clean soother or on your finger with a glove can help them relax during the test.

Mixed: You can use more than one comfort method during the test.

