



What is **BUZZY?**

Buzzy is a small, hand-held tool that looks like a bumble bee. When turned on, **Buzzy** vibrates, which helps distract the patient's brain from the pain.

HOW DO I USE BUZZY?

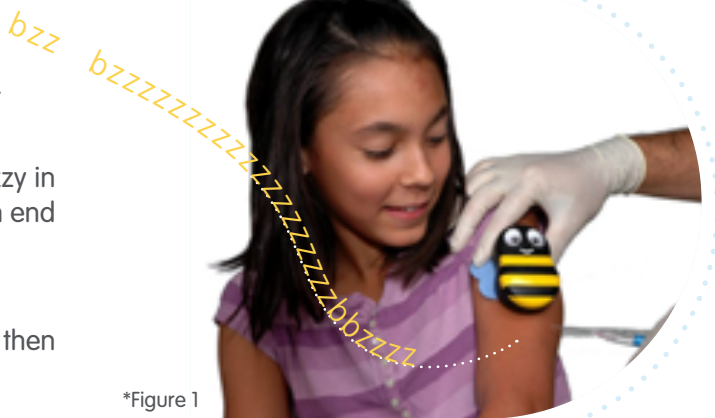
Buzzy can be held in place by the patient, a family member, or a staff member or Buzzy can be tucked under a tourniquet.

IVs or blood draws

Place Buzzy 2-3 cm above where the poke will be. Keep Buzzy in this spot before the poke and during the poke. Buzzy's bottom end should be closest to where the poke will be (*Figure 1).

Injections

Place Buzzy where the poke will be for 30-60 seconds and then move it above the poke area during the poke.



*Figure 1



*Figure 2

Fingersticks

Place Buzzy in the palm of the hand with Buzzy's bottom end closest to the finger that will be poked (*Figure 2).

Ache or injury

Place Buzzy where it hurts.



HOW DO I GET A BUZZY?

Buzzy is available to order from various companies.
One Buzzy typically costs \$45-\$100.

Places to buy a Buzzy:

CVS (cvs.com)

Amazon (amazon.com)

Buzzy Needle Pain Relief (buzzy4shots.com)

Pain Care Labs (paincarelabs.com)

If you are unable to get a Buzzy through one of these resources, we may be able to give you a Buzzy through donations made to Children's Mercy.

Please **scan the QR code below** to fill out a brief survey to find out if you qualify for a Buzzy:



Or go to the web address:

cmhredcap.cmh.edu/surveys/ and enter this code: ENTWFEF8T

