

Bladder Catheterization or Suprapubic Aspiration

- Use distraction to help the child relax (e.g., blowing bubbles, deep breathing, singing a song).
- Use lidocaine jelly to anesthetize the area before insertion of the catheter. EMLA cream (a eutectic mixture of lidocaine and prilocaine) or LMX cream may lessen an infant's discomfort as the needle passes through the skin for suprapubic aspiration, but care should be taken that the site is thoroughly cleaned and prepped before the procedure.
- Children often become agitated at being restrained for either procedure. Use comfort measures through touch and voice, both during and after the procedure, to help reduce the child's distress.

EMLA, Eutectic mixture of local anesthetics; *LMX*, lidocaine.

Stool Specimens

Stool specimens are frequently collected from children to identify parasites and other organisms that cause diarrhea, assess gastrointestinal function, and check for occult (hidden) blood. Ideally, stool should be collected without contamination with urine, but in children wearing diapers, this is difficult unless a urine bag is applied. Children who are toilet trained should urinate first, flush the toilet, and then defecate into the toilet or a bedpan (preferably one that is placed on the toilet to avoid embarrassment) or a commercial potty hat.

Nursing Tip

To obtain a stool specimen, place plastic wrap over the toilet bowl before defecation. Use a tongue depressor or disposable spoon or knife to collect the stool.

Stool specimens should be large enough to obtain an ample sampling, not merely a fecal fragment. Specimens are placed in an appropriate container, which is covered and labeled. If several