

Comfort Commitment: J-Tip Use Guide

The J-Tip is a needle free device that uses lidocaine to numb the skin before a needle procedure.

Overview:

- Using the J-Tip requires special training through CPPN (see the Skills Webpage and the policy listed below).
- Select and clean procedure site.
- J-Tip is placed onto the skin and lidocaine is pushed under the skin. This numbs a small circular area.
- The J-Tip will make a popping sound, similar to a can of soda opening.
- It takes about 2 minutes to activate and lasts for 15-20 minutes.

When introducing to patients:

- Review the steps and how the lidocaine numbs the skin, which can lessen the feeling of the poke.
- Continue using additional comfort measures: positioning, refocusing, and environmental considerations.

.....

UC Davis Policy: Use of Lidocaine Skin Anesthetic Injection by a Certified Registered Nurse

Website: <https://ucdavis.health/comfort>

