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Subject: Make your lab tests more comfortable

Date: Fri, 17 Mar 2017 09:48:58 +0000

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 Quest Diagnostics

 Good Health starts with knowing

March 2017



Better blood draws with Quiggles™

 REDUCE NEEDLE PAIN

Our pain-reducing penguin

for patients of all ages

Proven to reduce needle pain by an average of 50–80%, Quiggles is more than Quest's blood-draw buddy. This high-tech penguin and his ice pack are scientifically designed to dull the body's ability to feel sharp pain.

Quiggles is manufactured exclusively for Quest by the makers of Buzzy®. Dr Amy Baxter—a pediatric emergency doctor and pain researcher—created the device after her own son had what she calls a "horrible" experience with getting shots.

"And after that I started wondering...why do we have to have pain with needles? If there's a better solution, why don't we use it?"

[Learn how Quiggles works](#)

Ease your child's lab testing anxiety

 coloring book

Patients of all ages can feel nervous about needles.

The good news is that there are things you can do to help ease your child's lab testing

anxiety. In addition to asking for Quiggles, one of the best ways to prepare your child for lab testing is by setting realistic expectations.

Instead of promising that a finger prick or blood draw won't hurt, reassure your child that the process will be quick, the pain won't last, and you'll stay close. After the test, offer praise and comfort as he or she needs.

Our downloadable coloring book also helps parents and children know what to expect during their Quest visit!

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