

Localized Temperature Therapy

Comfort. Quality. Convenience.





Cardinal Health offers an industry-leading, comprehensive portfolio and is a one stop shop for all of your localized temperature therapy needs. With more than 45 years of manufacturing experience, you can trust Cardinal Health as the brand hospitals use most.¹

Providing comfort, quality and convenience, our cost-effective product portfolio includes instant hot packs, instant cold packs, ice bags, reusable gel packs, perineal cold packs, infant heel warmers and infant transport mattresses.

Contents

Instant Hot Packs	2
Instant Cold Packs	4
Reusable Gel Packs	5
Ice Bags	6
Perineal Cold Packs	8
Neonatal	9
Ordering Information	10
Continuing Education	12

Instant Hot Packs

Cardinal Health™ Instant Hot Packs help provide consistent heat therapy² for convenient and effective pain relief. Our comprehensive portfolio includes a variety of different options and sizes, including standard and insulated products. They are made of non-toxic materials that do not contain DEHP.

#1
Instant
Hot Pack
in hospitals¹



Features and benefits:

- Consistent and effective heat therapy²
- Unique sodium thiosulfate heat technology
- Easy to activate — just squeeze and knead
- Can be applied directly to skin — no additional cover needed

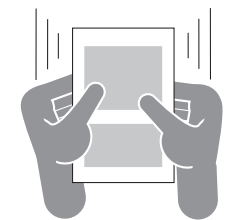
Activation
is as easy as 1, 2, 3

1



Squeeze sides firmly where
indicated to activate

2



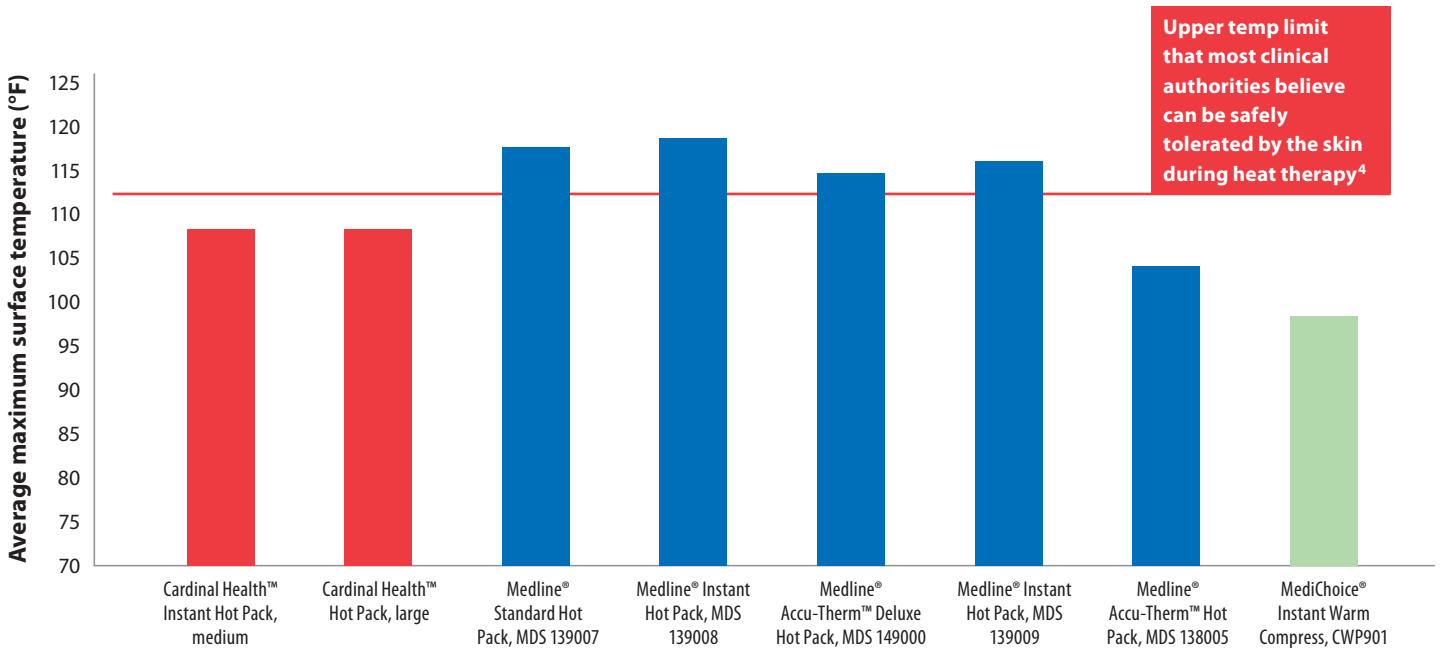
Knead pack well
to mix contents

3



Apply to desired area
for 30 minutes

Unlike similar products tested, Cardinal Health™ Instant Hot Packs stayed within the upper temperature limit that can be safely tolerated by the skin during application of heat therapy.^{3,4} To be both safe and effective, heat therapy should consistently deliver the highest safe temperature possible without exceeding the tolerance level of the patient’s skin.



Ordering information

Cat. No.	Description	Size	Packaging
11443-512B	Instant Hot Pack, Small	4½ x 9 in.	24 ea/cs
11450-040B	Instant Hot Pack, Medium	6 x 6½ in.	40 ea/cs
11443-012B	Instant Hot Pack, Large	6 x 9 in.	16 ea/cs
30104	Instant Hot Pack, Insulated, Large	6 x 9 in.	24 ea/cs

Did you know?

Hospital acquired burns are considered a “Never” event. In October 2008, the Centers for Medicare & Medicaid Services (CMS) classified a burn acquired within a facility as a non-reimbursable secondary diagnosis.⁵

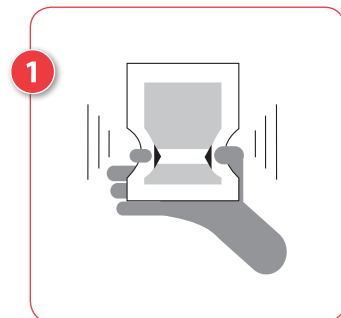
Instant Cold Packs

Cardinal Health™ Instant Cold Packs help provide consistent cold therapy for convenient and effective pain relief. Our comprehensive portfolio includes a variety of different options and sizes, including standard, insulated and premium non-sweat products. They are made with materials that do not contain DEHP.

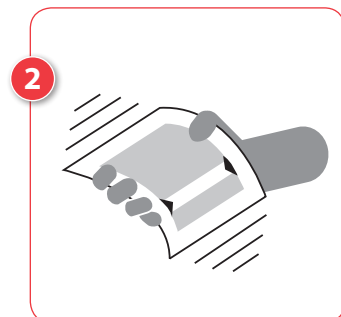
#1
Instant Cold Pack
 in hospitals¹



Activation is as easy as 1, 2, 3



Squeeze sides firmly where indicated to activate



Shake pack well to mix contents



Apply to desired area for 30 minutes

Features and benefits:

- Consistent and effective cold therapy²
- Easy to activate — just squeeze and shake
- Can be applied directly to skin — no additional cover needed

Ordering information

Cat. No.	Description	Size	Packaging
103B	Instant Cold Pack, Extra Small, Bulk	5 x 5½ in.	50 ea/cs
102	Instant Cold Pack, Medium	6 x 6½ in.	16 ea/cs
11440-900	Instant Cold Pack, Large	6 x 9 in.	16 ea/cs
20204	Instant Cold Pack, Insulated, Medium	6 x 6½ in.	24 ea/cs
20104	Instant Cold Pack, Insulated, Large	6 x 9 in.	24 ea/cs
11440-512B	Instant Cold Pack, Non-Sweat, Small	4½ x 9 in.	24 ea/cs
11445-020B	Instant Cold Pack, Non-Sweat, Medium	6 x 6½ in.	32 ea/cs
11440-012B	Instant Cold Pack, Non-Sweat, Large	6 x 9 in.	12 ea/cs

Reusable Gel Packs

Cardinal Health™ Reusable Gel Packs help provide hot or cold therapy for convenient and effective pain relief. Our comprehensive portfolio includes a variety of different options and sizes, including standard and insulated products, as well as disposable covers. All products are made of non-toxic materials that do not contain DEHP.



Features and benefits:

- Effective temperature therapy²
- For use as either hot or cold pack
- Easy to use — just freeze or microwave

Ordering information

Cat. No.	Description	Size	Packaging
61115	Reusable Gel Pack, Extra Small	2½ x 5 in.	150 ea/cs
70204	Reusable Gel Pack, Small	4½ x 7 in.	24 ea/cs
70304	Reusable Gel Pack, Medium	4½ x 10½ in.	24 ea/cs
70304A	Reusable Gel Pack, Medium Kit (2 packs and 2 covers)	4½ x 10½ in.	6 kits/cs
80204A	Reusable Gel Pack, Insulated, Small	4½ x 7 in.	24 ea/cs
80304A	Reusable Gel Pack, Insulated, Medium	4½ x 10½ in.	24 ea/cs
80104	Reusable Gel Pack, Insulated, Large	6 x 9 in.	24 ea/cs
80600	Reusable Gel Pack, Insulated, Extra Large	7½ x 15 in.	6 ea/cs
11429-015	Disposable Cover, Single Use	5½ x 11 in.	400 ea/cs

Consult specific product IFUs for complete instructions

Ice Bags

Cardinal Health™ Ice Bags help provide convenient and effective pain relief.² Our comprehensive portfolio includes a variety of different options and sizes, including tie attachments, elastic attachments and specialty sizes.

All products include a three-layer construction, including a soft outer covering, an absorbent middle layer to wick away moisture and a leak-resistant inner layer to help ensure the traumatized area stays dry. They are made with materials that do not contain DEHP.



Features and benefits:

- Comfort and convenience
- Easy filling
- Soft outer covering
- Helps prevent leaks and reduces condensation

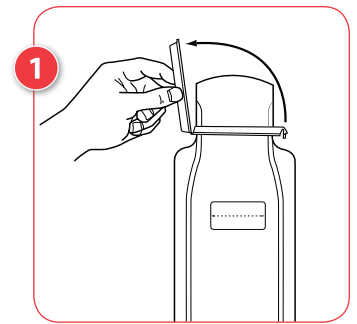
Standard Ice Bags

Ordering information

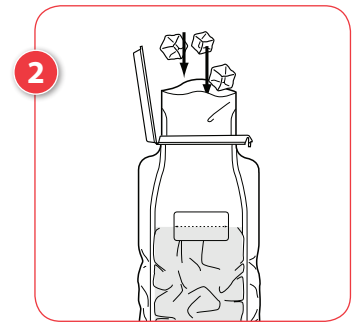
Cat. No.	Description	Size	Packaging
11300-100	Ice Bag, Large, No Attachment	6½ x 13 in.	80 ea/cs
11600-100	Ice Bag, Small, Elastic Attachments	5 x 12 in.	15 ea/bx, 2 bx/cs, 30 ea/cs
11600-300	Ice Bag, Large, Elastic Attachments	6 x 14 in.	15 ea/bx, 2 bx/cs, 30 ea/cs
11400-100	Ice Bag, Small, Tie Attachments	5 x 12 in.	25 ea/bx, 2 bx/cs, 50 ea/cs
11400-300	Ice Bag, Large, Tie Attachments	6½ x 14 in.	25 ea/bx, 2 bx/cs, 50 ea/cs



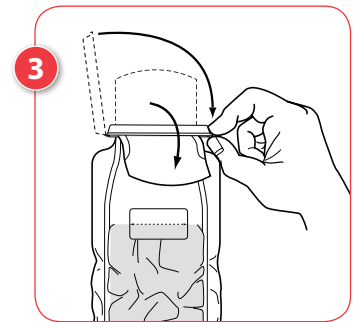
Easy to use



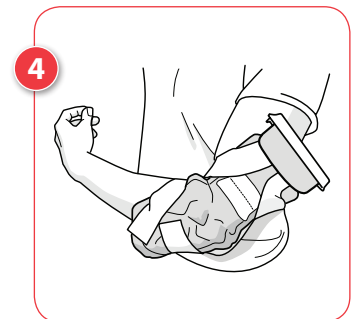
Lift



Fill



Close



Attach

Specialty Ice Bags

Ordering information

Cat. No.	Description	Size	Packaging
11900-100	Ice Bag, Eye	4½ x 10 in.	15 ea/bx, 2 bx/cs, 30 ea/cs
11800-200	Ice Bag, Bilateral Facial	5 x 12 in.	12 ea/bx, 2 bx/cs, 24 ea/cs
11500-100	Ice Bag, Perineal	4 x 12 in.	50 ea/bx, 2 bx/cs, 100 ea/cs
11700-100	Ice Bag, XL System	11 x 21 in.	5 ea/bx, 2 bx/cs, 10 ea/cs
11700-200	Ice Bag, XL Replacement Bag	8½ x 11 in.	12 ea/bx, 2 bx/cs, 24 ea/cs

Perineal Cold Packs

Cardinal Health™ Perineal Cold Packs help provide consistent cold therapy for convenient and effective pain relief. The all-in-one design is an alternative to traditional postpartum temperature therapy and can be applied by the patient. Available in standard or premium options. They are made with materials that do not contain DEHP.



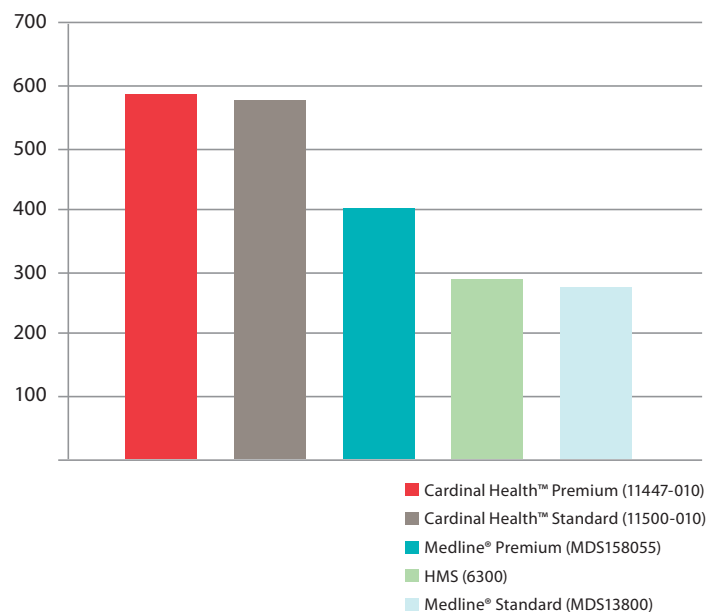
Features and benefits:

- Consistent and effective cold therapy²
- Easy to activate — just fold and shake
- Gentle to traumatized tissue

Ordering information

Cat. No.	Description	Size	Packaging
11500-010	Perineal Cold Pack, Standard	12½ x 4 in.	24 ea/cs
11447-010	Perineal Cold Pack, Premium	13½ x 6 in.	24 ea/cs

Perineal Cold Pack Absorbency (g)⁶



Neonatal

#1
Infant Heel Warmer
in hospitals¹

Cardinal Health™ Neonatal Products are convenient and effective, designed to meet the needs of newborn care with our unique sodium thiosulfate heat technology. Our comprehensive portfolio includes a variety of different options. They are made of non-toxic materials that do not contain DEHP.



Infant Heel Warmer

Cardinal Health™ Infant Heel Warmers help increase an infant's blood flow so caregivers can get a quality heel stick. Just activate and it's ready to use. They require no cooling off period and have no sharp edges to harm caregiver or patient.

Features and benefits:

- Consistent and effective heat therapy²
- Available in squeeze or disc activation
- Soft, medical-grade tape strip for securement

Ordering information

Cat. No.	Description	Size	Packaging
11460-010T	Infant Heel Warmer, Squeeze Activation	4 x 4 in.	25 ea/bx, 4 bx/cs, 100 ea/cs
11470-010T	Infant Heel Warmer, Disc Activation	3½ x 5½ in.	25 ea/bx, 4 bx/cs, 100 ea/cs

Infant Transport Mattress

Cardinal Health™ Infant Transport Mattresses provide consistent heat therapy for infant transportation between medical centers or within the hospital. The soft nonwoven material and mattress design allows for a warm and comfortable environment.

Features and benefits:

- Consistent and effective heat therapy²
- Easy to activate — just fold and knead
- Safe for Radiology — does not contain metal

Ordering information

Cat. No.	Description	Size	Packaging
11475-010	Porta-Warm® Infant Transport Mattress	9¼ x 19 in.	1 ea/cs

Ordering Information

Cat. No.	Description	Size	Packaging
Instant Hot Packs			
11443-512B	Instant Hot Pack, Small	4½ x 9 in.	24 ea/cs
11450-040B	Instant Hot Pack, Medium	6 x 6½ in.	40 ea/cs
11443-012B	Instant Hot Pack, Large	6 x 9 in.	16 ea/cs
30104	Instant Hot Pack, Insulated, Large	6 x 9 in.	24 ea/cs
Instant Cold Packs			
103B	Instant Cold Pack, Extra Small, Bulk	5 x 5½ in.	50 ea/cs
102	Instant Cold Pack, Medium	6 x 6½ in.	16 ea/cs
11440-900	Instant Cold Pack, Large	6 x 9 in.	16 ea/cs
20204	Instant Cold Pack, Insulated, Medium	6 x 6½ in.	24 ea/cs
20104	Instant Cold Pack, Insulated, Large	6 x 9 in.	24 ea/cs
11440-512B	Instant Cold Pack, Non-Sweat, Small	4½ x 9 in.	24 ea/cs
11445-020B	Instant Cold Pack, Non-Sweat, Medium	6 x 6½ in.	32 ea/cs
11440-012B	Instant Cold Pack, Non-Sweat, Large	6 x 9 in.	12 ea/cs
Reusable Gel Packs			
61115	Reusable Gel Pack, Extra Small	2½ x 5 in.	150 ea/cs
70204	Reusable Gel Pack, Small	4½ x 7 in.	24 ea/cs
70304	Reusable Gel Pack, Medium	4½ x 10½ in.	24 ea/cs
70304A	Reusable Gel Pack, Medium Kit (2 packs and 2 covers)	4½ x 10½ in.	6 kits/cs
80204A	Reusable Gel Pack, Insulated, Small	4½ x 7 in.	24 ea/cs
80304A	Reusable Gel Pack, Insulated, Medium	4½ x 10½ in.	24 ea/cs
80104	Reusable Gel Pack, Insulated, Large	6 x 9 in.	24 ea/cs
80600	Reusable Gel Pack, Insulated, Extra Large	7½ x 15 in.	6 ea/cs
11429-015	Disposable Cover, Single Use	5½ x 11 in.	400 ea/cs

Cat. No.	Description	Size	Packaging
Ice Bags			
11300-100	Ice Bag, Large, No Attachment	6½ x 13 in.	80 ea/cs
11400-100	Ice Bag, Small, Tie Attachments	5 x 12 in.	25 ea/bx, 2 bx/cs, 50 ea/cs
11400-300	Ice Bag, Large, Tie Attachments	6½ x 14 in.	25 ea/bx, 2 bx/cs, 50 ea/cs
11600-100	Ice Bag, Small, Elastic Attachments	5 x 12 in.	15 ea/bx, 2 bx/cs, 30 ea/cs
11600-300	Ice Bag, Large, Elastic Attachments	6 x 14 in.	15 ea/bx, 2 bx/cs, 30 ea/cs
11500-100	Ice Bag, Perineal	4 x 12 in.	50 ea/bx, 2 bx/cs, 100 ea/cs
11800-200	Ice Bag, Bilateral Facial	5 x 12 in.	12 ea/bx, 2 bx/cs, 24 ea/cs
11900-100	Ice Bag, Eye	4½ x 10 in.	15 ea/bx, 2 bx/cs, 30 ea/cs
11700-100	Ice Bag, XL System	11 x 21 in.	5 ea/bx, 2 bx/cs, 10 ea/cs
11700-200	Ice Bag, XL Replacement Bag	8½ x 11 in.	12 ea/bx, 2 bx/cs, 24 ea/cs

Perineal Cold Packs			
11500-010	Perineal Cold Pack, Standard	12½ x 4 in.	24 ea/cs
11447-010	Perineal Cold Pack, Premium	13½ x 6 in.	24 ea/cs

Neonatal			
11460-010T	Infant Heel Warmer, Squeeze Activation	4 x 4 in.	25 ea/bx, 4 bx/cs, 100 ea/cs
11470-010T	Infant Heel Warmer, Disc Activation	3½ x 5½ in.	25 ea/bx, 4 bx/cs, 100 ea/cs
11475-010	Porta-Warm® Infant Transport Mattress	9¼ x 19 in.	1 ea/cs

For more information or to order, contact your Cardinal Health sales representative today, call **800.964.5227** or visit **cardinalhealth.com**.

Continuing Education

What the activity includes:

The educational activity focuses on local temperature therapy which is the application of heat and cold for therapeutic intervention of pain and discomfort. It is important to use the appropriate therapy to relieve pain, improve blood flow and reduce swelling. A brief review of the process of thermoregulation will be presented and the use of heat and cold packs will be described. Regulations and guidelines for use will be discussed.

Who is it for:

Healthcare professionals in various practice settings will benefit from the knowledge regarding the use of localized temperature therapy.

Where is it available:

<http://pfiedler.com/ce/1107>

Accreditation Information:

- **California Board of Registered Nursing**

Pfiedler Education is a provider approved by the *California Board of Registered Nursing*, Provider Number CEP14944, for **2 contact hours**.



*A Continuing Education Activity
Sponsored by*



Grant funds provided by





- ¹ For Heat/Cold Therapy Based on 2018 Global Healthcare Exchange Data
- ² Source: Localized Temperature Therapy CEU. <http://pfiedler.com/ce/1107>
- ³ Test Data on File. TSR # 89346. Sample size = 24 packs. November 2018
- ⁴ Local Application of Therapeutic Heat and Cold, Virginia Commonwealth University/Medical College of Virginia School Nursing, Betsy A. Bampton, Ed.D., RNC., OGNP, pp. 1-7, (2002).
- ⁵ U.S. Department of Health & Human Services, AHRQ Patient Safety Network. (n.d.). Patient safety primers; never events. Retrieved from website: <http://www.psnet.ahrq.gov/primer.aspx?primerID=3>
- ⁶ Testing was conducted by a third party laboratory in May-June 2015. Data is on file at Cardinal Health under Protocol # 15-009. The products were evaluated following ISO 11948-1 Urine-Absorbing Aids – Part 1: Whole- Product Testing using DI water. Results reported are per bench top testing and cannot be directly correlated to expected clinical results. Results often vary by clinical application. Products tested included: Cardinal Health™ Standard Perineal Cold Pack 11500-010, Cardinal Health™ Premium Perineal Cold Pack 114470-010, Medline Premium Perineal Cold Pack MDS158055, Medline Standard Perineal Cold Pack MDS138055, Hospital Marketing Services Peri+Plus Cold™ Cat# 6300.

cardinalhealth.com