

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 years of temperature therapy experience, you can trust Cardinal Health™ as the brand hospitals use most.*

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 an infant transport mattress.

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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 with non-toxic materials and do not contain natural rubber latex or DEHP.

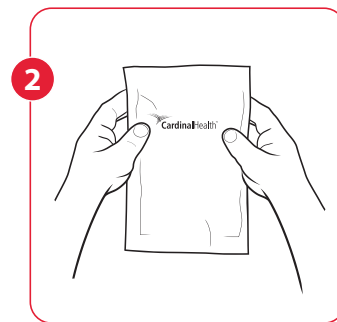
One of the leading **instant hot packs** in hospitals*



Activation is as easy as 1, 2, 3



Squeeze sides firmly where indicated to activate



Knead pack well to mix contents



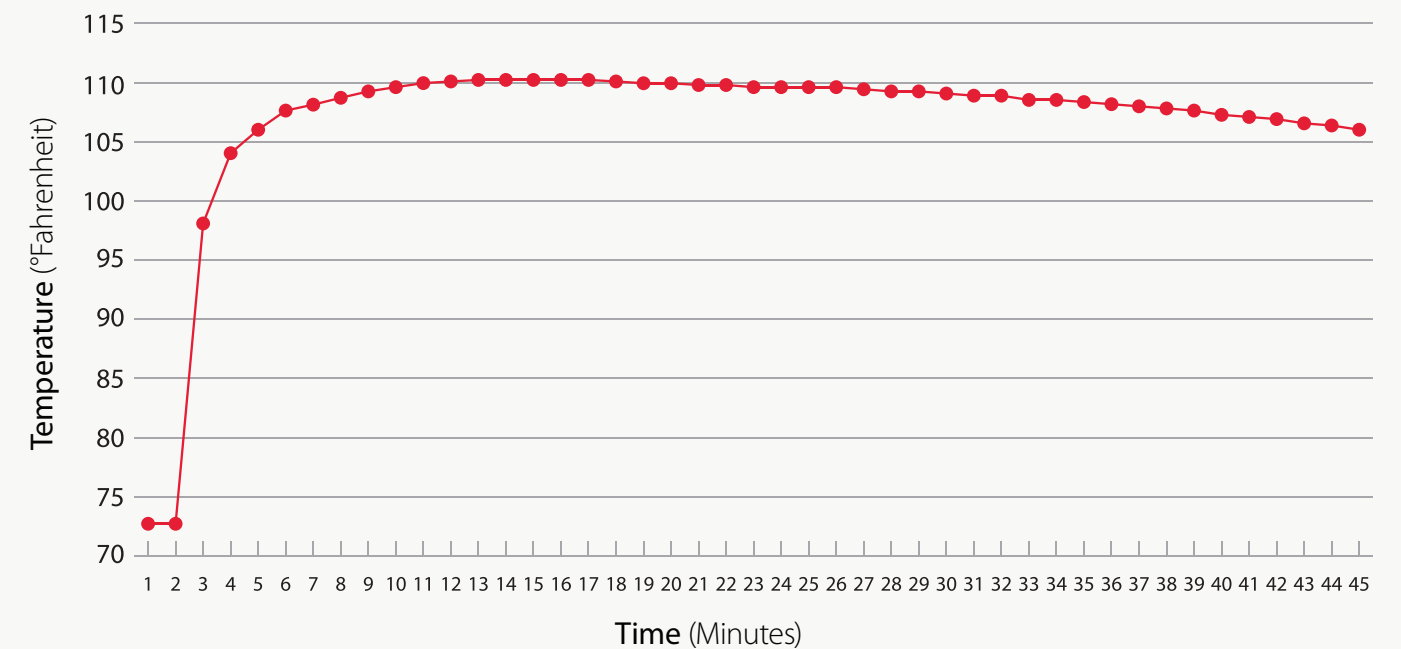
Apply to desired area for 20 minutes

Features and benefits:

- Made with food-grade sodium acetate
- Consistent and effective heat therapy²
- Easy to activate — just squeeze and knead
- Can be applied directly to skin — no additional cover needed

Cardinal Health™ Instant Hot Packs stay within the upper-temperature limit that the skin can safely tolerate during the application of heat therapy.^{2,3} To be safe and effective, heat therapy should consistently deliver the highest safe temperature possible without exceeding the tolerance level of the patient's skin.

Temperature of Cardinal Health™ Instant Hot Packs over time³



Max temperature 110.23°F



Temperature at 30 minutes after activation >107°F

Ordering information

Cat. no.	Description	Size (in.)	Qty.
11443-512B	Instant hot pack, small	4½ x 9	24 ea/cs
11450-040B	Instant hot pack, medium	6 x 6½	40 ea/cs
11443-012B	Instant hot pack, large	6 x 9	16 ea/cs
30104	Instant hot pack, insulated, large	6 x 9	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.⁴

Instant cold packs

Cardinal Health™ Instant Cold Packs help provide consistent cold therapy² 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 or natural rubber latex.



#1
Instant cold pack
in hospitals*

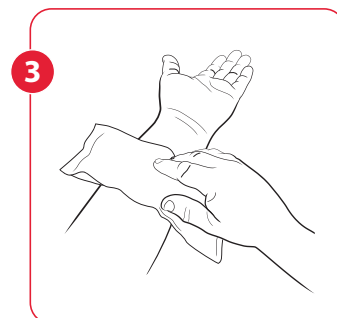
Activation
is as easy as 1, 2, 3



Squeeze sides firmly where indicated to activate



Shake pack well to mix contents



Apply to desired area for 20 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 (in.)	Qty.
103B	Instant cold pack, extra small, bulk	5 x 5½	50 ea/cs
102	Instant cold pack, medium	6 x 6½	16 ea/cs
11440-900	Instant cold pack, large	6 x 9	16 ea/cs
20204	Instant cold pack, insulated, medium	6 x 6½	24 ea/cs
20104	Instant cold pack, insulated, large	6 x 9	24 ea/cs
11440-512B	Instant cold pack, non-sweat, small	4½ x 9	24 ea/cs
11445-020B	Instant cold pack, non-sweat, medium	6 x 6½	32 ea/cs
11440-012B	Instant cold pack, non-sweat, large	6 x 9	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 or natural rubber latex.

#1
Gel pack
in hospitals*



Features and benefits:

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

Ordering information

Cat. no.	Description	Size (in.)	Qty.
61115	Reusable gel pack, extra small	2½ x 5	150 ea/cs
70204	Reusable gel pack, small	4½ x 7	24 ea/cs
70304	Reusable gel pack, medium	4½ x 10½	24 ea/cs
70304A	Reusable gel pack, medium kit (2 packs and 2 covers)	4½ x 10½	6 kits/cs
80204A	Reusable gel pack, insulated, small	5.1 x 7	24 ea/cs
80304A	Reusable gel pack, insulated, medium	5.1 x 10½	24 ea/cs
80104	Reusable gel pack, insulated, large	6.6 x 9	24 ea/cs
80600	Reusable gel pack, insulated, x-large	8.1 x 15	6 ea/cs
11429-015	Disposable cover, single use, medium	5½ x 11	400 ea/cs

Ice bags

Cardinal Health™ Ice Bags help provide convenient and effective pain relief. 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 that's soothing against injured tissue, 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 or natural rubber latex.

#1
ice bag
in hospitals*



Features and benefits:

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

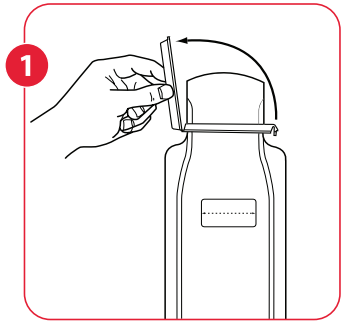
Standard ice bags

Ordering information

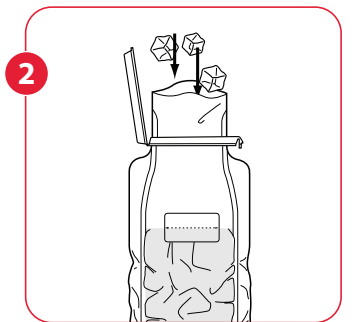
Cat. no.	Description	Size (in.)	Qty.
11300-100	Ice bag, large, no attachment	6½ x 13	80 ea/cs
11600-100	Ice bag, small, elastic attachments	5 x 12	15 ea/bg, 2 bg/cs, 30 ea/cs
11600-300	Ice bag, large, elastic attachments	6 x 14	15 ea/bg, 2 bg/cs, 30 ea/cs
11400-100	Ice bag, small, tie attachments	5 x 12	25 ea/bg, 2 bg/cs, 50 ea/cs
11400-300	Ice bag, large, tie attachments	6½ x 14	25 ea/bg, 2 bg/cs, 50 ea/cs

Consult specific product inserts for complete instructions.

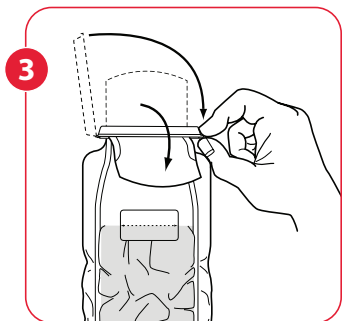
Easy to use



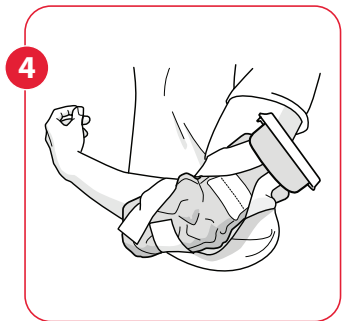
Lift



Fill



Close



Attach

Specialty ice bags

Ordering information

Cat. no.	Description	Size (in.)	Qty.
11900-100	Ice bag, eye	4½ x 10	15 ea/bg, 2 bg/cs, 30 ea/cs
11800-200	Ice bag, bilateral facial	5 x 12	12 ea/bg, 2 bg/cs, 24 ea/cs
11500-100	Ice bag, perineal	4 x 12	50 ea/bg, 2 bg/cs, 100 ea/cs
11700-100	Ice bag, x-large system	11 x 21	5 ea/bg, 2 bg/cs, 10 ea/cs
11700-200	Ice bag, x-large replacement bag	8½ x 11	12 ea/bg, 2 bg/cs, 24 ea/cs

Consult specific product inserts for complete instructions.

Perineal cold packs

Cardinal Health™ Perineal Cold Packs help provide consistent cold therapy² 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 or natural rubber latex.

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 (in.)	Qty.
11500-010	Perineal cold pack, Standard	14¾ x 5½	24 ea/cs
11447-010	Perineal cold pack, Premium	14¾ x 6½	24 ea/cs

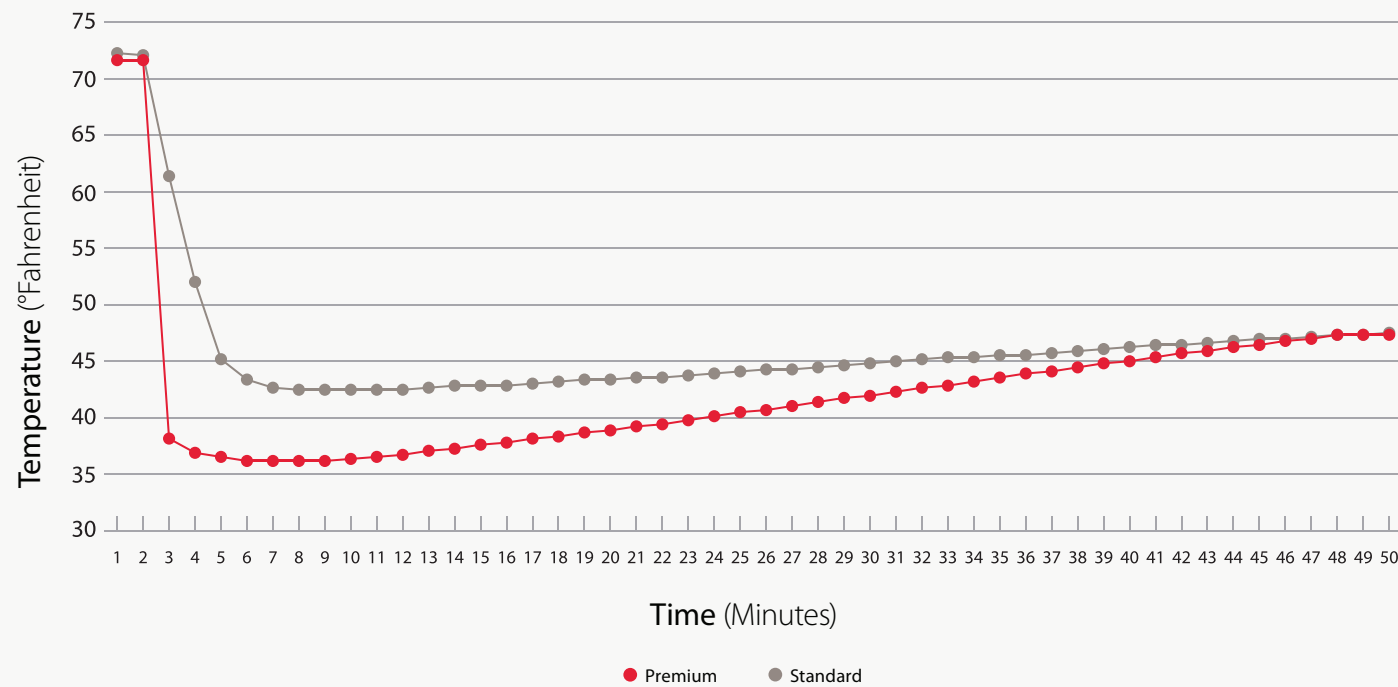


Neonatal

Cardinal Health™ Neonatal Products are convenient and effective, designed to meet the needs of newborn care. Our comprehensive portfolio includes a variety of different options. They are made of non-toxic materials that do not contain DEHP or natural rubber latex.



Temperature of Cardinal Health™ Perineal Cold Packs over time



Premium **Standard**

Premium **Standard**

Max Cold Temperature 36.18°F 42.48°F

Dwell time (minutes) 45 42
Temperature below 47°F

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 it, and it's ready to use. They require no cooling-off period and have no sharp edges to harm the caregiver or patient.

Features and benefits:

- Used to increase blood flow and aid in blood collection²
- Available in squeeze or disc activation
- Soft, medical-grade tape strip for securement

Ordering information

Cat. no.	Description	Size (in.)	Qty.
11460-010T	Infant heel warmer, squeeze activation	4 x 4	25 ea/bx, 4 bx/cs, 100 ea/cs
11460-010DISC	Infant heel warmer, disc activation	3¼ x 5½	25 ea/bx, 4 bx/cs, 100 ea/cs

Infant transport mattress

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

Features and benefits:

- Provides consistent and effective warmth²
- Easy to activate — just bend disc and knead product

Ordering information

Cat. no.	Description	Size (in.)	Qty.
11475-010B	Infant transport mattress	9¼ x 19	6 ea/cs

Consult specific product inserts for complete instructions.

Ordering information

Instant hot packs

Cat. no.	Description	Size (in.)	Qty.
11443-512B	Instant hot pack, small	4½ x 9	24 ea/cs
11450-040B	Instant hot pack, medium	6 x 6½	40 ea/cs
11443-012B	Instant hot pack, large	6 x 9	16 ea/cs
30104	Instant hot pack, insulated, large	6 x 9	24 ea/cs

Instant cold packs

Cat. no.	Description	Size (in.)	Qty.
103B	Instant cold pack, extra small, bulk	5 x 5½	50 ea/cs
102	Instant cold pack, medium	6 x 6½	16 ea/cs
11440-900	Instant cold pack, large	6 x 9	16 ea/cs
20204	Instant cold pack, insulated, medium	6 x 6½	24 ea/cs
20104	Instant cold pack, insulated, large	6 x 9	24 ea/cs
11440-512B	Instant cold pack, non-sweat, small	4½ x 9	24 ea/cs
11445-020B	Instant cold pack, non-sweat, medium	6 x 6½	32 ea/cs
11440-012B	Instant cold pack, non-sweat, large	6 x 9	12 ea/cs

Reusable gel packs

Cat. no.	Description	Size (in.)	Qty.
61115	Reusable gel pack, extra small	2½ x 5	150 ea/cs
70204	Reusable gel pack, small	4½ x 7	24 ea/cs
70304	Reusable gel pack, medium	4½ x 10½	24 ea/cs
70304A	Reusable gel pack, medium kit (2 packs and 2 covers)	4½ x 10½	6 kits/cs
80204A	Reusable gel pack, insulated, small	5.1 x 7	24 ea/cs
80304A	Reusable gel pack, insulated, medium	5.1 x 10½	24 ea/cs
80104	Reusable gel pack, insulated, large	6.6 x 9	24 ea/cs
80600	Reusable gel pack, insulated, x-large	8.1 x 15	6 ea/cs
11429-015	Disposable cover, single use, medium	5½ x 11	400 ea/cs

Ice bags

Cat. no.	Description	Size (in.)	Qty.
11300-100	Ice bag, large, no attachment	6½ x 13	80 ea/cs
11600-100	Ice bag, small, elastic attachments	5 x 12	15 ea/bg, 2 bg/cs, 30 ea/cs
11600-300	Ice bag, large, elastic attachments	6 x 14	15 ea/bg, 2 bg/cs, 30 ea/cs
11400-100	Ice bag, small, tie attachments	5 x 12	25 ea/bg, 2 bg/cs, 50 ea/cs
11400-300	Ice bag, large, tie attachments	6½ x 14	25 ea/bg, 2 bg/cs, 50 ea/cs
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11800-200	Ice bag, bilateral facial	5 x 12	12 ea/bg, 2 bg/cs, 24 ea/cs
11500-100	Ice bag, perineal	4 x 12	50 ea/bg, 2 bg/cs, 100 ea/cs
11700-100	Ice bag, x-large system	11 x 21	5 ea/bg, 2 bg/cs, 10 ea/cs
11700-200	Ice bag, x-large replacement bag	8½ x 11	12 ea/bg, 2 bg/cs, 24 ea/cs

Perineal cold packs

Cat. no.	Description	Size (in.)	Qty.
11500-010	Perineal cold pack, standard	14¾ x 5½	24 ea/cs
11447-010	Perineal cold pack, premium	14¾ x 6½	24 ea/cs

Neonatal

Cat. no.	Description	Size (in.)	Qty.
11460-010T	Infant heel warmer, squeeze activation	4 x 4	25 ea/bx, 4 bx/cs, 100 ea/cs
11460-010DISC	Infant heel warmer, disc activation	3¾ x 5½	25 ea/bx, 4 bx/cs, 100 ea/cs
11475-010B	Infant transport mattress	9¼ x 19	6 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 localized 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:

This continuing education activity is intended for nurses, nursing assistants, and other healthcare professionals in various practice settings who are interested in learning more about the appropriate use of localized temperature therapy, including its indications, applications, and safety considerations.

Where is it available:

<https://www.pfiedlereducation.com/diweb/catalog/item/eid/1107-2022>

Accreditation Information:

- **California Board of Registered Nursing**
Pfiedler Education is a provider approved by the *California Board of Registered Nursing*, Provider Number CEP14944, for **2.0 contact hours**.



Sponsored by





[cardinalhealth.com](https://www.cardinalhealth.com)

*Data on file.

References: **1.** Source: Localized Temperature Therapy CEU <https://www.pfiedlereducation.com/diweb/catalog/item/eid/1107-2022> **2.** Test Data on File. March 2021. **3.** 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). **4.** U.S. Department of Health & Human Services, AHRQ Patient Safety Network. (n.d.). Patient safety primers; never events. Retrieved from website: <https://psnet.ahrq.gov/primer/never-events>