

What is Patient Controlled Analgesia?

PCA is a way of providing you with immediate pain medication.

PCA allows you to give yourself pain medication after your surgery by pushing a button.

How does PCA work?

A PCA pump is connected to your intravenous.

When you have pain, you press the PCA button and you will receive a dose of pain medication.

The medicine will take 5 to 10 minutes to work.

For safety, once you have triggered a dose of pain medication, a set time must pass (about 6 minutes) before another press of the button will trigger another dose of medication.

Other pain medications such as paracetamol or ibuprofen may also be given at regular times by the nurse to help control your pain.

How do I use the PCA pump?

Your nurse will show you how to use the PCA button.

Ask your nurse for assistance if you are having trouble using the PCA button.

When should I push the PCA button?

Press the button when you start to feel pain or before you do something that brings on the pain, such as: your breathing and coughing exercises, or you start to move or turn.

Before physiotherapy or if you are getting out of bed to sit in the chair or go for a walk.

DO NOT wait until your pain is bad before using the PCA pump.

When shouldn't I use the PCA pump?

Do not use the PCA:

- to help you sleep
- to calm you down
- to relieve gas pains

Do I have to stay in bed with a PCA pump?

You will be able to get out of bed, go to the washroom and walk in the halls with the PCA pump.

Can I give myself too much medication?

It would be unusual for you to give yourself too much medication provided you use it appropriately and no other individuals push the PCA button for you. Your doctor has ordered the amount of pain medication you should receive. Every time you feel pain you should push the button.

The PCA pump is programmed and will not give you the pain medication if it is not time for a dose.

DO NOT use your own pain medications or sleeping pills from home while using the PCA.

Who should press the PCA button?

ONLY YOU SHOULD PRESS THE PCA BUTTON

Family and visitors SHOULD NOT press the PCA button for your safety. If you cannot press the PCA button, notify your nurse.

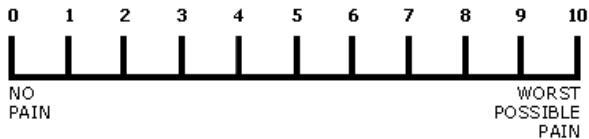
What if I am still having pain after receiving my pain medication?

It may take 2 to 3 doses before the pain medication controls your pain.

If you are still having pain, call the nurse and your dose of medication may be changed.

The nurse will ask you to describe your pain, using this pain scale as a guide.

Pain Scale:



Common side effects of PCA?

- Sleepiness
- Nausea and vomiting
- Itching
- Constipation

It is important for you to take the pain medication to control your pain. Other medications can be given to help relieve side effects, however do tell the nurse if any of these side effects occur.

My appointment

Date:

Time:

Contact number

02 6627 9600