

## Discharge Instructions – Temporary Catheter & Ambulatory Pump

The drug trial may be continued at home to see how you cope with your normal activities and side effects. The following instructions need to be followed for your safety.

### Epidural, Spinal/Intrathecal Catheter or Pump Side Port Access with External Pump

1. Check temperature with a thermometer 2-4 times per day. Report any elevation above 38°C.
2. Use ice packs on wounds to reduce swelling, bruising and discomfort for 1-2 days. Report any unexpected redness, inflammation or swelling.
3. Don't get the pump or dressings wet. Sponge baths only, no showers, baths, swimming or soaking.
4. Report to the clinic any severe, persistent nausea, vomiting, severe headache (constant or positional), excessive drowsiness or breathing problems (rate less 8 breaths per minute).
5. Report any profound weakness or numbness occurring after discharge from hospital. Protect and support of the affected area if weakness or paralysis occurs.
6. Resume all routine home medications. Use other pain killers only as directed by your pain specialist.
7. Routine activities may be resumed, slowly increase as tolerated. No strenuous activities.
8. **Do not** drive a car or operate machinery or make important decisions within 12h of a new drug.
9. Your pump will need to be refilled at weekly intervals during this trial .

1. **Rate the severity** of your usual pain and sleep interference using a 0-10 scale, twice-daily with each trial drug.

Solution	Time	Lying	Sitting	Standing	Walking	Sleeping
Before						
	Day1-am					
	Day1-pm					
	Day2-am					
	Day2-pm					
	Day3-am					
	Day3-pm					
	Day4-am					
	Day4-pm					
	Day5-am					
	Day5-pm					
	Day6-am					
	Day6-pm					
	Day7-am					
	Day7-pm					

2. During the Ambulatory Trial did you experience any of the following new side effects?

Drug	Itching	Sweating/ flushing	Breathing problems	Nausea	Headache	Sedation	Urine Difficulty	Numbness Weakness

3. During the Trial did you accomplish your goals? (answer yes or no)

Drug	Goal1	Goal2	Goal3	Goal4	Goal5
Describe					

### Emergency Contact:

If you have any questions, concerns or problems, call (03) 9770 0522 during office hours. (03) 9387 1000 may be used for after hours emergencies. This number is for emergencies only. Should you be unable to contact Dr Taverner or Dr Monagle, please call your local doctor or if the problem is urgent attend the nearest Hospital Emergency Department.

## **Discharge Instructions – Post Insertion Spinal Drug Pump & Catheter**

### **POST IMPLANTATION:**

After implantation surgery the pump is programmed and medication adjusted by your pain specialist to control your pain/spasticity. It may take several months of adjustment to obtain the best possible pain relief. Please follow your prescribed activity plan and progressively resume your desired activities as tolerated. It is usually safe to return to sedentary work in 2 weeks, more vigorous activities in 4 weeks and most people wanting to work have found and returned to work within 4-6 months.

The following instructions need to be followed for your safety.

### **Intrathecal Catheter with Internal Pump**

1. Use ice packs on wounds to reduce swelling, bruising and discomfort for 1-2 days. If your pump has been implanted in the abdomen, wearing bicycle shorts or a corset over the pump may help reduce swelling. Please bring a suitable item when you come into hospital.
2. Check temperature if wound redness or headache report any elevation over 38°C
3. Report unexpected wound redness, inflammation or swelling as this may indicate infection.
4. Showers may begin 24hours after implantation – keep wounds dry. No tub baths, swimming or soaking until review.
5. Report to the clinic any severe, persistent nausea, vomiting, severe headache (constant or positional), excessive drowsiness or breathing problems (rate less 8 breaths per minute while awake).
6. Report any profound weakness or numbness occurring after discharge from hospital. Protect and support of the affected area if weakness or paralysis occurs.
7. Resume all routine home medications. Use other pain killers only as directed.
8. Routine activities may be resumed, slowly increase as tolerated. No strenuous activities.
9. **Do not** drive a car until comfortable, minimise driving in first 2-3 weeks. Watch position of seat belt.
10. Please make an appointment to see Dr. Taverner in 2 weeks. Please make an earlier appointment if necessary.
11. Your pump will need to be refilled on: .....

### **Emergency Contact:**

If you have any questions, concerns or problems, call (03) 9770 0522 during office hours. (03) 9387 1000 may be used for after hours emergencies. This number is for emergencies only. Should you be unable to contact Dr Taverner or Dr Monagle, please call your local doctor or if the problem is urgent attend the nearest Hospital Emergency Department.