

Royal Hospital for Women (RHW)
BUSINESS RULE
COVER SHEET



Health
South Eastern Sydney
Local Health District

Ref: T24/33927

NAME OF DOCUMENT	Pain Management Guidelines- Caesarean section (2023)
TYPE OF DOCUMENT	Clinical Guideline
DOCUMENT NUMBER	RHW GUID007
DATE OF PUBLICATION	27 May 2024
RISK RATING	High
REVIEW DATE	May 2026
FORMER REFERENCE(S)	Post operative Pain Management Guidelines Caesarean section (2023)
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SUMMARY	These guidelines are for pain management of patients undergoing Caesarean section - not to be used as a protocol, but for reference only.

PAIN MANAGEMENT GUIDELINES (CAESAREAN SECTION) (2023)			
<p><i>These guidelines are for reference only and should not be used as protocol. While consistency in prescribing minimises medication risks, the Anaesthetist should use their own discretion when managing the patient's individual needs.</i></p>			
Timing	Medication	Dose	Notes
INTRAOPERATIVE			
	Neuraxial Morphine (intrathecal)	100mcg	Place sticker on Anaesthetic chart
	Neuraxial Morphine (epidural)	2mg	
OR	Neuraxial Fentanyl		
OR	General Anaesthesia		
RECOVERY			
	PACU PAIN PROTOCOL	As Per Protocol	<i>Remove epidural catheter</i>
	+/- Tramadol	100mg IV or PO	Not if on SSRI/SNRI
	+/- Oxycodone (IR)	5-10 mg PO	
	PCA (Morphine, Fentanyl, HYDROMorphone)	As per protocol	<i>For GA only</i>
POST NATAL WARD			
Regular	Paracetamol	1 Gram q6h	
	NSAID (e.g. Ibuprofen, diclofenac or naproxen or Cox2)	As recommended	<i>> 24 hours and up to 5 days (Unless contraindicated)</i>
	+/- Tramadol (SR)	100 mg q12hr	<i>For 3 Days (Not if on SSRI/SNRI)</i>
	Stool Softener e.g. Movicol, Normicol	As recommended	<i>No Senna</i>
DO NOT PRESCRIBE/ADMINISTER SR OXYCODONE (Oxycontin)			
PRN	Oxycodone (IR) or/and	5-10 mg q2-4h	MAX Daily Dose 400mg includes Reg. SR Dose (Not if on SSRI/SNRI)
	Tramadol (IR) or	50-100mg q4h	
	PCA (Morphine, Fentanyl, HYDROMorphone)	As per protocol	<i>For GA only</i>
	Naloxone	As per protocol	
	Antiemetic - e.g. ondansetron, Metoclopramide	As recommended	

Royal Hospital for Women (RHW) GUIDELINE

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DISCHARGE			
	Paracetamol	1 gram q6h	
	NSAID (e.g. Voltaren or Naproxen)	As recommended	
	+/- Tramadol (IR)	100mg q6h	10 Caps only (NOT if on SSRI/SNRI)
	+/- oxycodone	5mg	10 Tabs only (ONLY if on SSRI/SNRI)
	Stool Softener e.g. Movicol, Normicol	As recommended	No Senna
DO NOT PRESCRIBE IR OXYCODONE (Endone) FOR DISCHARGE			
DO NOT prescribe Tramadol if woman is taking other seratonergic medications e.g. SSRI/SNRI			
Do not prescribe TARGIN for obstetric patients (Not on formulary for this population)			
Please ensure discharge advice is provided verbally by either midwife, SRMO, APS or Pharmacy.			
Advise woman about "Pain Management after Childbirth" leaflet in Blue Book			
Advise woman about "Epidural Discharge Advice" leaflet in Blue Book			
If a review and change has been made by APS yet adequate relief has not been obtained after one hour please contact APS on 44937 or Anaesthetist on 45253/4.			

REVISION AND APPROVAL HISTORY

Date	Revision	Approval history
18/10/2023	1	Last reviewed by Acute Pain Services
02/11/2023	1	Approved by District Drug and Therapeutic Committee
29/02/2024	1	Approved by Maternity Quality Committee
20.5.24		BRGC