

<p><u>NOTE</u></p> <p>Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.</p>

TREATMENT

Knee to chest position

PAIN RELIEF MEDICINE

DRUG HELP
1. Ascriptin (buffered aspirin), Motrin, Voltaren, and Arthrotec are all anti-inflammatory and analgesic agents, and in the doses recommended are nearly equivalent in pain relief. All may cause mild upset stomach and should be avoided if there is allergy to aspirin. Arthrotec is a combination of anti-inflammatory drug and stomach-protective agent, with decreased risk of stomach discomfort and erosions; it should be used if the other agents cannot be tolerated. Use of Arthrotec decreases the risk of developing erosive and ulcerous lesions of the gastrointestinal tract.
2. Tylenol is analgesic but not anti-inflammatory and does not cause upset stomach or other serious side effects. Tylenol works almost as well as the anti-inflammatory agents.
3. Vicodin is Tylenol plus a mild narcotic and is the strongest pain reliever. It may cause some drowsiness and dizziness.

AMP
(blue)

Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory

Dose: 1-2 tablets every 4 to 6 hours as needed

<p><u>NOTE</u></p> <p>Do not use in patients with asthma, history of aspirin allergy, GI, or other bleeding problems.</p>

Possible side effects

Upset stomach, ringing in ears

BACK PAIN

(ISS MED/3A - ALL/FIN)

Page 2 of 4 pages

AMP
(blue) Motrin (Ibuprofen) (P1-B5,6) - Intermediate-strength pain reliever,
anti-inflammatory

Dose: 1 tablet every 4-6 hours as needed, with food and drink

NOTE

Do not take if allergic to aspirin.

Possible side effects
Upset stomach, diarrhea

AMP, ___-1
(blue) Voltaren (Diclofenac Sodium) (P1-B10) - Nonsteroidal anti-inflammatory
drug (NSAID), effective alternative to Motrin for pain relief of headache,
backache, sinus pressure

Dose: 1 tablet, 2 to 3 times/day as needed

Possible side effects
Abdominal pain, cramps, fluid retention

AMP
(blue) Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever

Dose: 1-2 tablets every 4 to 6 hours as needed

___-1 Arthrotec (Diclofenac/Misoprostol) - Non-steroidal anti-inflammatory drug
with stomach protective prostaglandin

Dose: 1 tablet 2 to 3 times/day

NOTE

Use of Arthrotec decreases a risk of the
development of erosive and ulcerous
lesions of the gastrointestinal tract.

Possible side effects
Abdominal pain, nausea, diarrhea, flatulence

BACK PAIN

(ISS MED/3A - ALL/FIN)

Page 3 of 4 pages

AMP Vicodin (Hydrocodone Bitartrate, Acetaminophen) (P1-B3) - Narcotic pain
(blue) reliever

Dose: 1-2 tablets every 4 to 6 hours as needed

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Dizziness, drowsiness, nausea, vomiting constipation, urinary retention

If treatment unsuccessful, see PAIN RELIEF (SODF: ISS MED).

MUSCLE RELAXANT MEDICATION

DRUG HELP

1. Consider if oral pain relievers are ineffective and if the muscle spasms contribute to the back pain. It is highly preferable to confer with Surgeon before using these medications after unsuccessful trial of pain relievers. These can be used in combination with the above pain relief medications except for Vicodin. Both have the potential side effects of drowsiness/sedation.
2. Try Soma first. If ineffective, consider Valium.

AMP Soma (Carisoprodol) (P1-A8) - Oral medication used for muscle
(blue) spasms or aches

Dose: 1 tablet 4 times/day as needed for severe spasm/pain

Possible side effects

Drowsiness, dizziness, may impair mental abilities, may cause allergic reactions

AMP Diazepam (Valium), Oral (P1-A12) - Sedative, anticonvulsant

BACK PAIN

(ISS MED/3A - ALL/FIN)

Page 4 of 4 pages

(blue) (antiseizure drug)

Dose: 1/2-1 tablet every 6 to 8 hours as needed for severe spasm

WARNING
1. May cause low blood pressure, reduced breathing rate, sedation when given IV.
2. The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, fatigue, nausea, slow heart rate, blurred vision

For topical application

Medical Kit
with
Ointments

Finalgon - Ointment for pain in muscles and joints

Dose: Apply thinly with special card in kit.

<u>NOTE</u>
Wash hands carefully after applying the drug to prevent the ointment from getting into the mucous membranes. Do not apply to damaged skin.

Possible side effects

Flushing/redness