

PAIN RELIEF

(ISS MED/3A - ALL/FIN)

I

NOTE

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.

MILD TO MODERATE

NOTE

Medication is listed in increasing order of strength.

DRUG HELP
<p>1. Ascriptin (buffered aspirin), Motrin, Voltaren, and Arthrotec are all anti-inflammatory and analgesic agents, and in the doses recommended here 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. Selection is based on crew experience and dosing convenience.</p>
<p>2. Tylenol and Analgin are analgesics. Analgin has minimal anti-inflammatory effects and Tylenol has none. They do not cause upset stomach, and work almost as well for general pain as do the anti-inflammatory agents. Selection is based on preference and experience.</p>
<p>3. Baralgin consists of a non-narcotic pain reliever (Analgin) and an anti-spasm agent. It is especially effective for treatment of pain with spasm, such as from kidney stones, intestinal spasm, and migraine headaches.</p>
<p>4. Vicodin is Tylenol plus a mild narcotic and is the strongest oral pain reliever. It may cause some drowsiness and dizziness.</p>

AMP
(blue)

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

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

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WARNING

Do not use in patients with asthma, history of aspirin allergy, GI, or other bleeding problems.

Possible side effects
Upset stomach, ringing in ears

AMP
(blue)

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

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

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Analgin - Non-narcotic analgesic agent

Dose: 1 tablet 3 times/day

Possible side effects
Blood clotting defect due to low platelets

Baralgin - Non-narcotic analgesic and anti-spasm agent

Dose: 1-2 tablets 3 to 4 times/day as needed

Possible side effects
Blood clotting defect due to low platelets

AMP
(blue)

Motrin (Ibuprofen) (P1-B5,6) - Oral anti-inflammatory drug and pain reliever

Dose: 1 tablet every 8 hours with food and drink

WARNING

Do not take if allergic to aspirin.

Possible side effects
Upset stomach, diarrhea

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

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

WARNING

Do not take if allergic to aspirin.

Possible side effects

Abdominal pain, cramps, fluid retention

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

Dose: 1 tablet 2 to 3 times/day

Possible side effects

Upset stomach, bleeding defects

MODERATE TO SEVERE PAIN

Moderate to severe pain might result from a musculoskeletal injury or large wound, burn, kidney stone, etc. More potent pain medications tend to have more serious side effects, so these must be carefully used and only as needed. However, whatever is necessary to relieve pain should be used.

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.

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DRUG HELP	
1.	Vicodin is Tylenol (Acetaminophen) plus a mild narcotic (Hydrocodone); it is the strongest oral pain reliever. It may cause drowsiness and some dizziness. Do not use in event of nausea and vomiting.
2.	Baralgin consists of a non-narcotic pain reliever (Analgin) and an anti-spasm agent. It is especially effective for treatment of pain with spasm, such as from kidney stones, intestinal spasm, and migraine headaches.
3.	Toradol (Ketorolac) is a non-narcotic injectable anti-inflammatory agent, with pain relief similar to narcotics. It should not be used together with oral anti-inflammatory agents (such as Aspirin, Motrin, Voltaren). Pain relief begins about 30 minutes after injection and lasts for 4-6 hours. Very good for acute pain of kidney stone. If break-through pain occurs, do not use increased dose of Toradol; instead use small doses of Morphine or Demerol. Toradol may be given IV slowly at half the IM dose; contact ground for instructions.
4.	Demerol (Meperidine) and Morphine are injectable narcotics and may be used alone or in combination with oral pain medications (with exception of Vicodin). After the first dose as indicated on the instruction, Sugeon can advise regarding combination and adjusting dose to effect. Morphine's effect endures somewhat longer than Demerol, and offers particular advantages in treating cardiac chest pain. Either may be given in an emergency, with ground consultation as soon as possible.

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Baralgin - Non-narcotic analgesic and anti-spasm agent

Dose: Inject 1 ampule 1-2 times/day as needed

Possible side effects

Blood clotting defect due to low platelet count

AMP
(blue)

Toradol Injectable (Ketorolac Tromethamine) (Injectable-19,20) - Anti-inflammatory injectable

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Dose: Inject 1 ampule intramuscularly initially, then 1/2 ampule every 6 hours as needed. Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED: INJECTIONS/IV).

Possible side effects

Nausea, upset stomach, drowsiness

AMP
(blue)

Vicodin (Hydrocodone Bitartrate, Acetaminophen) (P1-B3) - Oral; narcotic pain reliever

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

Possible side effects

Dizziness, drowsiness, nausea, vomiting, constipation, urinary retention

INJECTABLE NARCOTICS

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.

May cause low blood pressure, reduced breathing rate. Narcan is antidote.

AMP
(blue)
ALSP
(red)

Demerol Injectable (Meperidine) (AMP Injectable-25 --- 30) (ALSP, Drug 4 --- 7) - Narcotic pain reliever for severe pain

Dose: Inject 1 ampule intramuscularly every 3 to 4 hours as needed. Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED: INJECTIONS/IV).

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Possible side effects

Dizziness, light-headedness, sedation, nausea, vomiting, sweating,
dry mouth, blurred vision, constipation

AMP
(blue)
ALSP
(red)

Morphine Sulfate (2cc units in AMP/10 mg/ml, Injectable-9,10,21 --- 24)
(1cc units in ALSP/10 mg/ml, Drug 1 --- 3) - Narcotic pain reliever for
severe pain

Dose: Inject 1 ml intramuscularly every 3 to 4 hours as needed.
Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED:
INJECTIONS/IV).