

Information for Patients

Patient Controlled Analgesia (PCA)

Controlling pain after your operation is important. As you start to move about and take deep breaths there is lower risk of problems. This means you can leave hospital sooner.

Pain is different for everyone. Some patients will need more painkillers and some will need less.

This leaflet gives you information about pain relief using a PCA after your operation.

It is much easier to help with the pain before it gets really bad. It is best to ask for pain relief as soon as you feel pain. Then take the pain relief often.

Patient Controlled Analgesia (PCA)...

...uses a pump which allows you to take control of pain relief. If you are in pain, you should press your PCA button. You can do this every five minutes if needed.

How does it work?

The PCA pump will be attached to your arm or hand by a small tube. The PCA button has a light to show when the pain treatment is available. Whenever you feel uncomfortable or in pain, press and release the button. As you release the button you will get a dose of pain killer. Your PCA will then lock for safety. When the light comes on after 5 minutes you can press the button again, if needed.

How long does PCA take to work?

It will start working within a couple of minutes.

Can I give myself too much?

No. The PCA has a lock out system of 5 minutes to stop this.

What are the benefits?

A PCA allows you to control your pain. You will not have to wait for someone to give you painkillers. It also works faster.

Can I take any other painkillers whilst on the PCA?

Yes. The nurse may give you other painkillers, if needed. Do not take any of your own painkillers whilst in hospital without telling your nurse.

What are the side effects?

- Feeling or being sick
- Itching
- Not able to go for a poo
- Sleepiness
- Confusion

If you have any side effects, please tell your nurse.

How long will I be on the PCA?

You will have a PCA for up to four days, after your operation. Once your pain is less and you are able to drink, we will give you painkillers to swallow.

Only you can tell if you need pain relief. It is important that friends or relatives do not press the button.

What if I am still in pain?

After your operation the nurse will talk to you about the amount of pain you are in.

If your pain is not controlled or you have any other problems, talk to the nurse.

Acute Pain Nurses

The nurses are available Monday to Friday 8.30am to 3.00pm. They will come to see you after the operation if you have a PCA or are having problems controlling your pain.

Further information is available from; sath.pain.nurses@nhs.net.

Further information is available from:

Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. www.sath.nhs.uk/patients-visitors/patient-experience/feedback-hub/



Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: [0800 783 0057](tel:08007830057) or [01743 261691](tel:01743261691)

Princess Royal Hospital, Tel: [01952 282888](tel:01952282888)

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile) www.nhs.uk

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

sath.patientexperience@nhs.net or [01743 261000](tel:01743261000) ext. 2503.

Your information

Information about you and your healthcare is held by the NHS. You can find out more about how we hold your information and how it is used on our website: www.sath.nhs.uk

Website: www.sath.nhs.uk

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