

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

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## Patient Controlled Analgesia (PCA)

### Patient information leaflet

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## What is PCA?

Analgesia is the medical term for pain relief medication. Following surgery your doctor may prescribe you PCA. This is a system that involves a cannula in your arm being connected to a machine containing a supply of pain relieving medication (Morphine). The machine allows you to control the delivery of your own pain relief.

## How does the PCA work?

Whenever you feel pain you can give yourself a small dose of the pain relieving medication by pressing the analgesia request button. The pump will then automatically deliver a measured dose of medication. You are the only person allowed to press the button, as you are the only person who knows when you require pain relief. When you press the button the machine will make a beep noise which confirms you have used the button correctly.

## What are the benefits of PCA?

- You are in control of your own pain relief and do not have to wait for staff to give you pain relieving medications.
- PCA avoids the need for injections.
- PCA is a successful technique for controlling pain after surgery and good pain relief will enable you to get up and about after your surgery.

## Notes

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### Is PCA safe?

The PCA pump is programmed to give you a set dose of pain relief only when you press the button. Once the medication has been delivered, it will not deliver any further doses of analgesia for a set length of time (five minutes) even if you continue to press the button during that period.

This is a safety measure to ensure that each dose of medication has had time to become effective before more is delivered and avoid you giving yourself more medication than is required.

### How often can I press the PCA button?

We all experience pain differently and require different amounts of pain relieving medication. It is important to press the button when you are experiencing discomfort and not let the pain build up.

It can also be useful to press the button prior to any activity which you think may cause discomfort, such as coughing, getting out of bed or having physiotherapy.

## Side effects

Morphine can sometimes make you feel drowsy or light-headed. It may also make you feel sick, constipated or make your skin feel itchy. It is important to let staff know if you experience any of these side effects, so they can give you medication to relieve this.

Other analgesics will be used alongside the PCA. This helps to reduce the amount of medication required via the PCA and reduce unwanted side effects.

## What if I still have pain?

The ward staff will regularly assess your pain levels, if your pain is not controlled with the PCA. The staff may give you another form of pain relief and/or arrange for your doctor, anaesthetist or the acute pain team to come and assess you.

## Alternative treatment options

You will have the opportunity to discuss pain relief options with your anaesthetist. The options available may vary depending on the type of surgery you are having.

## Contact information

Contact details at Southport and Ormskirk hospitals

Secretarial contact details:

Telephone:

01704 704 201, Monday-Wednesday, 8.30am-4.30pm

01695 656 421, Wednesday-Friday, 8.30am-4.30pm

Specialist nurse and pain nurses:

Telephone:

01704 705 132, Monday - Friday, 8.30am-4.30pm.  
(Excluding Bank Holidays.)