

Information for Patients having a Lidocaine Infusion

Medical Day Case Unit

You have been offered this procedure as part of your management plan which has been jointly discussed and agreed with your Consultant in Pain Medicine. Your pain is likely to respond to injection treatment if it is in a certain location in the body and is severe. Widespread or mild pain is not responding to injection treatment.

In all cases of managing chronic pain we aim at reduction of your symptoms so that you can achieve better mobility, reduce or discontinue medications, regain control of your life and improve its quality. Reduction of the severity of symptoms by 30% is considered to be successful in managing chronic pain. Pain relief procedures very seldom cure chronic pain. They help break the vicious circle of long-lasting pain symptoms but the duration of action cannot be predicted. The duration of treatment in which injection is considered appropriate will be no longer than 24 months in total.

It is also important to note that no procedure is risk free. Therefore injection treatment will not be repeated many times as the local anaesthetic and the steroid may cause side effects at the site of injection and when absorbed by the blood stream. Some of these effects include lower immunity, making you more vulnerable to infections caused by viruses and bacteria. This is specifically relevant in the current circumstances of COVID-19 pandemic.

Procedure specific risks are described in detail in the information leaflet. Please consider carefully the information provided below for the interventional procedure.

How does the lidocaine infusion work?

Lidocaine is type of drug called local anaesthetics. It is used to calm down nerve related pain which may affect the whole body or just part of it only when medicines taken by mouth are not helping your pain.

What happens on the day?

Details of your appointment will be arranged during your consultation in outpatients' department.

You should refrain from solid food for 8 hours and can have water only up to 2 hours before your appointment time.

You should bring a relative or friend with you to drive you back home and to stay with you until next day. Bring the list of your medication.

On arrival to hospital, please report to reception. You will be taken to our ward for checks of blood pressure and pulse. You will be weighed and asked to lie down on a bed. You will be asked to rate your pain at the time on a scale from 0 to 10 (0 –no pain, 10 – worst pain you have ever had). You will be asked to sign the consent form. The doctor will be able to answer any questions you might have. A small cannula will be placed in a vein on the back of your hand. A drip infusion with lidocaine will be run for 30 minutes. During that time your blood pressure, heart rate and ECG will be observed.

If you experience dizziness, numbness around the mouth, chest pain, flushing, restlessness, nausea you should inform us immediately. After the infusion has finished you will be asked to rate your pain again. You will remain under observation for another half hour and then allowed to go home. You will not be allowed to self drive or go on a public transport.

After your procedure take things easy for the rest of the day. Do not do any excessive exercise or heavy work for the first few days. Keep the injection site clean and dry.

You can normally get back to work the next day.

What are the side effects / complications?

Common

- Soreness / bruising at the injection site.
- Dizziness, fainting
- Nausea
- Slowing of the heart
- Irregular heart beats

Rare

- Allergy

Very rare

- Cardiac arrest (stopping of the heart)
- Convulsions (fits)

You must tell us if:-

- You may be pregnant
- You are taking warfarin/ clopidogrel
- You have a latex allergy
- Your medical condition has changed since you last saw the consultant
- You suffer from epilepsy
- You suffer from diabetes
- If you have cold or temperature.
- You have been admitted to hospital
- You are a wheelchair user and you might need a help with getting out of it
- You are hard of hearing/deaf
- You are partially sighted/registered blind
- You need an interpreter
- You are very nervous about needles, hospitals or medical practitioners

You will be followed up by the pain management consultant.

If you have any further concerns about this procedure please contact:-

Royal Gwent Hospital on Tel. No:- 01633 – 234938

Consultants: Dr. T. Ivanova-Stoilova / Dr. S. Warton

Nevill Hall Hospital on Tel. No:- 01873 - 732979

Consultants: Dr. S. Jeffs / Dr. M. Joshi

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Mae'r ddogfen hon ar gael yn Gymraeg”.**