

Lidocaine infusion

What is a lidocaine infusion?

You are being offered this treatment as part of your Pain Management Plan. Your pain consultant has discussed with you the possibility of trying to help you with your pain using a drug called lidocaine. Lidocaine is a local anaesthetic. There are many channels to the brain that help transfer information about pain. Lidocaine blocks one kind of these channels and if they are the ones predominantly responsible for your pain, you will notice a benefit from this infusion. Lidocaine is used to calm nerve-related pain affecting part or all of the body. Alternatives can be discussed with your pain consultant.

Before the procedure

Your heart rate may need monitoring and you may need a blood test to see if you are fit for the procedure. Your consultant will discuss this with you if needed. In a vast majority of cases, there are no prior tests that need to be done.

The lidocaine pathway

First lidocaine	Consultant
10 week telephone follow-up regarding benefit with pain nurse.	
<i>Depending on response will be placed onto nurse-led pathway with 5-6 month intervals or will follow consultant's future management plan.</i>	
Second lidocaine	Pain nurse
Third lidocaine	Pain nurse
Fourth lidocaine	Pain nurse
<p>You will be discharged from the lidocaine nurse-led pathway and care will be transferred back to your GP. You will be given aids to assist in self-management strategies.</p> <p>These will be introduced during your lidocaine infusions.</p>	

What will happen on day of procedure?

The procedure will take place in the Pain Management Unit in South Block (level 2).

- If it is your **first IV lidocaine**, it will be performed by one of the pain consultants, supported by a pain nurse.
- If you are receiving a **repeat IV lidocaine**, (second, third or fourth visit) your infusion will be performed by one of the pain nurses.

Please remember

- **You should not eat any food for 6 hours before the procedure and not drink any liquids for 2 hours before the procedure.**
- **Ensure that you take your morning medication unless informed otherwise.**
- **You will need a responsible adult to bring you and take you home and stay with you for the next 24 hours.**
- **Bring a list of your medication.**

On arrival at the pain clinic

You will be admitted by one of our nurses who will take your blood pressure, pulse and weight and ask you to lie on a trolley.

First IV lidocaine infusion: You will be asked to sign a consent form, which will be valid for a period of four IV lidocaine infusions. One of the doctors will explain again any risks, benefits and expected side effects and also answer any questions that you may have. You will only move forward with further treatments if the first treatment is effective. There are a number of parameters to measure this; the nurse will discuss these with you at week 10 post-infusion telephone follow-up.

Second, third and fourth IV lidocaine infusion: Your consent form will be checked with you by one of our nurses. Any risks, benefits and expected side effects will be explained and answer any questions that you may have.

A small needle (cannula) will then be placed in a vein on the back of your hand and this will be connected to a pump with lidocaine in a syringe and a bag of IV fluids. The infusion is run over a period varying from 60 minutes to 2 hours depending on how sensitive you are to the drug. During this time, your blood pressure, pulse and heart rate will be monitored on a regular basis. You will be attached to a heart monitor throughout the procedure. You must inform the nurse looking after you if you experience any of the side effects (see below). After the infusion is completed, you will be monitored for another 30 minutes before you are allowed to go home.

Your name will either be placed on the waiting list for another lidocaine infusion or you will be placed onto the nurse telephone follow up clinic, depending on where you are in the IV lidocaine pathway.

Do not operate any heavy machinery or drive for at least 24 hours after your infusion.

What are the side effects?

Common side effects:

- Soreness/bruising at the injection site.
- Dizziness/lightheadedness.
- Nausea.

Rare:

- Allergic reaction in the form of rash, sudden changes in heart rate or blood pressure, breathing difficulty – all of these become apparent at the beginning of the procedure.
- Tingling around the lips and irregular heart rates.

The doctor will discuss more uncommon risks with you before you sign the consent form.

You must tell us if:

- You may be pregnant.
- You are taking warfarin/clopidogrel/any other blood thinner.
- You have a latex allergy.
- Your medical condition has changed since you last saw the doctor.
- You suffer from epilepsy/diabetes.
- You have a cold or temperature.
- You are a wheelchair user and you need help getting out of it.
- You need an interpreter.
- You have any other disability.
- You are afraid of needles.

Can I drive afterwards?

You should not drive for 24 hours after the injection, as your insurance may not be valid if you are in an accident. It is your responsibility to check with your insurance company.

When can I shower/bathe?

There are no particular restrictions on showering or bathing after this procedure.

When can I return to normal activity?

You may take up to 6 weeks to fully recover from the procedure. You may start gentle physical activity 24 to 48 hours following the procedure.

Any queries?

If you have any concerns regarding this treatment please contact:

During working hours: Pain Management Unit 0118 322 8261

Out of hours/weekends: please contact your GP or the out of hours service for advice.

More information is available on the Trust website: www.royalberkshire.nhs.uk

Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Telephone 0118 322 5111

This document can be made available in other languages and formats upon request.

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