

Every child experiences pain from time to time.
Each child is different in the way they feel and react to pain. It is important to treat pain based on each child's needs.

Learn about your child's pain

- Where does it hurt?
- What makes pain better?
- What is causing the pain?
- What makes pain worse?

There are many comforting ways you can help your child to relax and decrease their pain.

Ways to ease pain without pain medicine

Treat painful area As prescribed by doctor	<ul style="list-style-type: none"> • Apply heat or ice to area. • Elevate area if possible. • Massage.
Serve healthy foods and fluids	<ul style="list-style-type: none"> • Drink lots of water. • Limit sodas. • Do not skip meals. • Offer small frequent meals.
Stay active Move around	<ul style="list-style-type: none"> • Use crutches, walkers, or wheelchairs if needed. • Exercise.
Reduce stress Learn ways to help your child relax	<ul style="list-style-type: none"> • Slow deep breathing. • Relaxation apps on phone such as <i>breath2relax</i>. • Guided imagery to think happy relaxing thoughts.
Keep child busy Shift focus from pain	<ul style="list-style-type: none"> • Play video, board, or card games. • Visit friends. • Watch TV or movies. • Play music. • Work on hobbies. • Find activities that hold attention.
Infants Hold and sooth	<ul style="list-style-type: none"> • Hold with as much skin to skin touching as possible. • Use non-nutritive sucking. This is sucking without taking milk. • Decrease stimuli in room such as noise or bright lights.

Fatigue and stress can make pain worse

What to do

Fatigue	<ul style="list-style-type: none"> • Get plenty of rest. • Do not over-do activities. • Slowly ease back into activities. • Pace self during day.
Stress	<ul style="list-style-type: none"> • Use relaxation and distraction. • Talk about your feelings. • Stay positive.

Sometimes children need pain medicine to help ease their pain. We use different types of medicines to control pain. Each type works a different way.

Your doctor will decide the medicine that works best for your child's pain.

- Acetaminophen
- Ibuprofen
- Corticosteroids
- Anticonvulsants
- Antidepressants
- Muscle relaxants
- NSAIDS, non-steroidal anti-inflammatory drugs
- Opioids

Pain medicines can cause serious or even life-threatening side effects.

Know the side effects and when to call your doctor.

Common side effects	When to call doctor
• Nausea, vomiting	• Dizzy, confused
• Constipation	• Slurred speech
• Itching	• Stumbles when walking
• Dry mouth	• Sleepy, hard to wake up

Call 911 if your child

- Has trouble breathing
- Cannot stay awake
- Cannot talk normally

Prescription opioids (also called narcotics)

Carry serious risks of addiction and overdose, especially if taken for a long time.

Primary Pain Medicines

Studies show taking acetaminophen and ibuprofen around the clock (either *together every 6 hours* **or** *by alternating each medicine every 3 hours*) can provide effective pain control with fewer side effects than prescription opioids.

What to know if your doctor recommends acetaminophen (Tylenol®) and ibuprofen (Motrin® or Advil®) for pain.

Child younger than 6 months

- DO ***NOT*** give ibuprofen.
- OK to give acetaminophen.

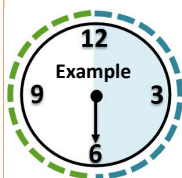
Child over 6 months old

- OK to give ibuprofen.
- OK to give acetaminophen.

You can only take acetaminophen and ibuprofen 1 time every 6 hours.
There are 2 different ways to schedule these primary pain medicines.
Your doctor will decide the best way for your child.

Combined every 6 hours:

Take acetaminophen and ibuprofen *together* every 6 hours.



At 12:00 pm: Take acetaminophen and ibuprofen

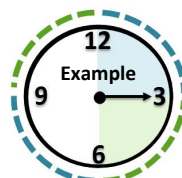
Wait 6 hours

At 6:00 pm: Take both medicines again

OR

Alternating every 3 hours:

Alternate acetaminophen with ibuprofen every 3 hours.



At 12:00 pm: Take acetaminophen

At 3:00 pm: Take ibuprofen

At 6:00 pm: Take acetaminophen

For the first 3 days:

Give your child the primary pain medicines around the clock as prescribed by your doctor.

- Then give as needed for pain.
- Always follow the label instructions for dosing.
- *It is important to drink lots of fluids and water.*

Breakthrough Pain

Primary pain medicines work very well to control pain. Breakthrough pain is pain that occurs *between* regularly scheduled doses of the primary medicines.

Your child may get a narcotic pain medicine to take for breakthrough pain.

Always take pain medicine as prescribed.

If you need help managing your child's pain

Your doctor, pharmacist or nurse may have helpful suggestions or can give you additional resources.

Know your child's medicines

Many prescription and over the counter pain, cold, and flu medicines contain acetaminophen (Tylenol) or ibuprofen (Motrin). Taking acetaminophen or ibuprofen with other medicines may cause an overdose or bad reaction. Talk to your doctor or pharmacist before taking any medicines that contain acetaminophen (Tylenol) or ibuprofen (Motrin).

Safely store pain medicine

Keep out of reach of children and pets

Safest way to store medicine

A locked box is the safest way to store your medicine, *especially for opioids*.



Dispose of your pain medicine

Ask your pharmacist for the best way

Look for medicine take-back programs.

Cook Children's: www.meddropbox.org. This site has information for disposing of medicine.

Google Search: *Medicine disposal near me*. This provides a list of pharmacies with medicine drop boxes for disposal.

These instructions are only general guidelines. Your health care providers may give you special instructions.

If you have any questions or concerns, please call your health care providers.

Managing-Pain-and-Pain-Medicines

The healthcare provider talked to me about the information in this handout.

- I know what I need to do.
- I know why doing this is important.
- All my questions have been answered.
- I have a copy of this handout.

Patient Name

MRN (Medical Record Number)

Patient, Parent, or Legally Authorized Representative

Printed Name

Signed Name

Your Relationship to the Patient

Date

Time a.m. / p.m.

Healthcare Provider

Printed Name

Signed Name

Date

Time a.m. / p.m.

Interpreter

Printed Name

Signed Name

Interpreter Number

Date

Time a.m. / p.m.

Print or imprint Patient Information

MRN _____
CSN _____