

When should I press the button?

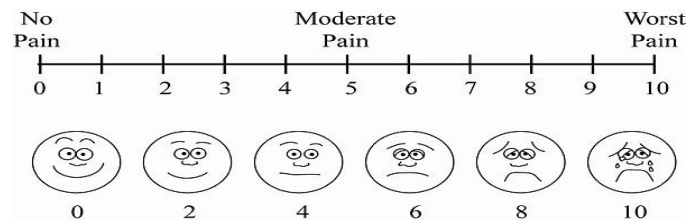
- I should press the button when my pain starts to become uncomfortable. It will take 5-10 minutes for the medicine to work. I should press the button before my pain gets really bad.
- I should press the button before I do any physical activity. Examples are before moving or turning, before doing my breathing and coughing exercises, and before my physiotherapy.
- I can press the button any time I need to control my pain.

Important:

- Only I can push the PCEA button. **I shouldn't** let others, such as visitors, push the button for me. I should let my nurse know if I can't press the button by myself.
- **I shouldn't** press the button if I'm drowsy or if I don't have pain.

What if I still have pain?

- I should tell my nurse or doctor if I still have pain.
- The nurse will ask me to rate my pain:
 - 0 is no pain
 - 5 is moderate pain
 - 10 is the worst pain I have ever felt
- My healthcare team will work with me to keep my pain at 4 or less.



What are the side effects of an epidural?

- The most common side effects are: numbness around my surgical area, weakness or heaviness in my legs, nausea/vomiting, itchiness, sleepiness, slowed breathing, and a small drop in my blood pressure.
- I should let my healthcare team know if I have any side effects.
- My healthcare team will help manage any side effects I may have.

When is PCEA stopped?

- The anesthesiologist or nurse practitioner will talk to me about stopping PCEA.
- I will take my pain medication in pill form when I have stopped PCEA.

When should I ask for pain pills?

- I should ask for pills when my pain starts to become uncomfortable. It will take 30-60 minutes for the pills to work. I should ask for pills before my pain gets really bad.
- I should ask for pills before doing any physical activity that causes pain.