

# Remifentanyl Patient Controlled Analgesia (PCA) in labour

Perinatal Services - Maternity

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



## Introduction:

This leaflet gives information on a patient controlled anaesthesia (PCA) called Remifentanyl which is used to manage pain in labour.

## What is Remifentanyl PCA?

- Remifentanyl is an opiate pain-relieving drug like pethidine or morphine, it has a strong effect on pain but it is very short acting
- It acts very quickly and wears off very fast so it can be used to manage each contraction in labour
- A button linked to a drip pumps a dose of the pain relief when pressed
- Remifentanyl lowers the pain during labour, but will not get rid of it all completely.

## Who can use Remifentanyl PCA?

- As with many drugs, remifentanyl is not licenced for use in pregnancy but is widely used internationally and is a recognised method of providing pain management in labour
- Most women can use Remifentanyl PCA during labour
- It should not be used if you have an allergy to morphine related drugs
- It cannot be used if you have had Pethidine in the last four hours
- You must be on the Delivery Suite to use Remifentanyl PCA.

## Consent

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information.

## What are the benefits of Remifentanyl PCA?

- It is safe for you and your baby, and you can breastfeed straight away
- It works quickly, and wears off quickly too
- You can also use gas and air with Remifentanyl PCA
- Using the button helps you to control your pain.

## What are the possible side effects?

- Low oxygen levels; we will keep a close watch on this and give you oxygen if you need it
- Feeling dizzy or light headed
- Feeling itchy
- Feeling sick (nauseous)
- Feeling sleepy
- Your baby may be sleepy, but this will wear off quickly.

## How is Remifentanyl PCA given?

- You will need to have a cannula (a small flexible plastic tube) inserted into your vein
- Once the drip has been set up you will be shown how to press the button each time you want a dose
- Remifentanyl should be used when you first feel a contraction starting. It will work within 20 to 30 seconds and wears off after a few minutes
- The pump will only let you have a safe amount of the drug
- Your baby's heart rate will be monitored the whole time you are using the pain relief.

**It is important that you are the only person to press the button**

## How can I get more information?

- The Labour Pains website has more information on pain relief choices in labour <https://www.labourpains.org/>.

## Departmental Contact details

- If you have any questions and want to speak about other options for pain relief, speak to the midwife caring for you in labour. You can also ask to speak with the anaesthetist when they are free





## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。