

Intrathecal Pump

Going Home Instructions

The first week after the pump is put in:

1. Take your temperature daily

- At the same time (in the evening)
- If your temperature is 38° C (101° F) or higher call your clinic Nurse or Doctor. After clinic hours, go to the nearest Emergency Department

2. Check your pump and incisions daily

To prevent infection:

- Keep your incisions and bandages dry and clean
- Change your bandages as your Doctor or Nurse told you to
- A small amount of swelling is normal

3. Bathe with a washcloth

- Do not take showers or baths
- Keep the incisions dry and clean at all times

4. Wear your abdominal binder (if ordered)

- The binder supports the pump while your skin heals and helps prevent swelling at the pump site
- The binder should feel snug, not painful.
- Loosen the binder every 8 hours for 25 minutes, when you are lying down. Remember to put the binder back on

For six weeks after the pump is put in, do not:

1. Activities :

- Bend over more than 45 degrees, reach, or twist; this may cause your catheter to move
- Lift more than 5 pounds

2. Stop taking your medicines

- When it is time to stop your medicines we will give you a schedule to stop them slowly

3. Wear tight clothing

- Elastic waistbands and belts may hurt your incisions

Other Information

- Tell your family and friends that you have an intrathecal pump
- Ask your clinic Nurse or Doctor about the symptoms of too much or too little medicine
- Complete and mail your Medic Alert bracelet or necklace application
- Medtronic will mail you a permanent registration card
- Keep your registration card with you at all times
- Read the handout on activity limitations

Follow-up and refill appointments

- If you miss your refill appointments it can be *life-threatening*
- Please bring a refill kit to your appointment
- To order your Synchronomed II pump refill kit, call Medtronic at 1-888-879-0977
- If you plan to travel, talk to your Nurse ahead of time so an early refill can be arranged

Follow-up appointments are up to 90 minutes long, when we will:

- Ensure your pump is working
- Refill your pump
- Adjust your dose of medicine as necessary
- Check your other medicines. Please bring a list of what you are taking at home.
- Book your next refill appointment.

If you go to the hospital or need medical care

- Before any medical treatments remind your Doctor or Nurse that you have an implanted pump.
- After an MRI, your pump must be checked at the pain clinic. Please read the pump patient booklet for more information.

If you go to the dentist

- Before any dental treatments tell your Dentist that you have an implanted pump
- Show them your registration card

If you hear a beeping sound (alarm) coming from your pump

- Call the Pain Clinic immediately at 604-252-4011. The pump medication or battery may be low.

Pain Clinic

Monday – Friday

8:30am to 2:30pm

8A –8th Floor Room 8012

Providence Building

Complex Pain Secretary

604-682-2344, local 63276

or

Pain Clinic Neuromodulation Nurse

Monday – Friday

8:30am to 4:30pm

Providence Building

Phone: 604-806-9088



Side Effects you may have after the Pump is put in

Symptom	What to do
Headache <ul style="list-style-type: none"> • For the first couple of weeks you may have headaches when you sit up 	<ul style="list-style-type: none"> • Lie down • If lying down does not help your headache, call the pain doctor or clinic nurse at the numbers below

Possible Complications

If you have any of these symptoms, call the Pain Clinic between 8:30am-4:30pm Monday to Friday. After these hours go to your nearest Emergency Room and page 604-252-4011.

You have:

- seizures
- a temperature 38° C (101° F) or greater
- more weakness in your arms or legs
- sudden pain or muscle spasms
- severe headache
- a stiff neck
- nausea or vomiting
- new or more blood from your surgical sites
- trouble staying awake or others have trouble waking you up
- your incision or insertion site have:
 - increased swelling and pain
 - redness, clear fluid or drainage leaking from them

You are:

- light-headed
- breathing slowly or shallowly at 8 to 10 breaths per minute (or less)
- not sure where you are or cannot recognize familiar people
- light sensitive
- itchy
- increasingly irritable

For 24 hour Medtronic technical assistance:

Phone: 1-800-328-0810 (Canada/US)

Emergency Contact:

Go to your nearest Emergency Room and contact the

Neuromodulation Physician

Pager: **604-252-4011**

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This material has been
reviewed and approved by
patients, families and staff.



How you want to be treated.

www.providencehealthcare.org