

## Remifentanyl Patient Controlled Analgesia (PCA) Pain Relief During Labour

Remifentanyl is a pain relief medication which is used to help relieve pain during labour and birth. This medication is safe for women and their babies to use with minimal side effects. The small doses of medication only last a few minutes in your body.

### Patient Controlled Analgesia (PCA) System

- Remifentanyl is administered using a Patient Controlled Analgesia (PCA) system which is attached to a small drip in your arm.
- The Midwife will give you a button to press when you feel a contraction beginning and the PCA system will administer a dose of medication to help you relieve your pain.
- The PCA system has a safety mechanism which allows you to have one dose of Remifentanyl every two minutes. This ensures the medication is being released at a safe level for you and your baby.
- Anti-nausea medication can be administered if you feel sick or the need to vomit.

Your Midwife will monitor you closely while you are using the PCA system by checking your observations frequently and asking you to rate your pain on a scale of 1-10 (0 being no pain and 10 being the worst pain imaginable). This will help determine the effectiveness of the PCA system in controlling your pain.

You are able to use Nitrous Oxide Gas with Remifentanyl if you choose to and to remain active during your labour and birth. The Midwife will guide you to mobilise and make position changes as needed.

If you have any questions discuss them with a Midwife or your GP/Obstetrician.

We encourage your support person(s) to read this patient information sheet so they are familiar with this type of pain relief offered to you at EGHS.

EGHS would like to thank our consumers for reviewing this information.



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