

# Patient Information

## Double-Blind Infusion Study

Name: .....

Procedure:.....

Procedure Date:.....Procedure Time:.....

Doctor:.....

### Before the day:

If any of the following apply to you, please ring the Pain Management Unit as soon as possible for further instructions:

1. You cannot make the appointment.
2. You have a latex or drug allergy.
3. If you do not have pain.

### On the day:

1. Do not drive on the day. Please organise transport to and from the Pain Management Unit.
2. Assess your pain on the day. Moderate pain is required for testing. If not please call the Pain Management Unit.
3. Do not take any medication for your pain from midnight the night before as this can affect the results of the study.
4. **Have a light breakfast and something to drink at 7.30 am** as you will only be allowed water to drink during the procedure.
5. Report to the Admissions Office 15 minutes before your procedure. The Admissions Office is located on Level 2, at the top of the stairs near the Main Entrance of Flinders Medical Centre. Once you have been admitted, proceed to the Pain Management Unit for the procedure.
6. Family members are welcome to escort you to the Pain Management Unit and collect you after your procedure. Allow most of the day for the procedure.

### Background

Your doctor has asked for you to have a double-blind infusion study. This will be performed in the Pain Management Unit at Flinders Medical Centre.

The double-blind infusion study is a way of determining which drugs are likely to help your pain. Four different medications are given to you intravenously (into a vein through a needle in the back of your hand).

Each of these will be a different drug. Some of the drugs will be painkillers, some will not. Following each of the injections, we will ask you to tell us how severe your pain is. This will tell us whether the drug you have just received has reduced your pain to a useful degree.



The test is carried out under double-blind conditions which means that neither you, nor the nurse giving you the infusion, will know what drug you are being given until after you have had all four infusions. You will actually be given the same four drugs that we use for every patient having the double-blind infusion study – fentanyl, thiopentone, saline and lignocaine the only thing that changes is the order in which they are given. This is done because sometimes people expect to get certain results from some drugs and this expectation can have a large effect on the severity of their pain (also known as the placebo effect).

Following the double-blind infusion study, the doctor who organised the test will check the results to see which of the drugs was useful. Your doctor will make a time to talk to you about these results either on the day or at a later date in the clinic.

## Risks and Complications

The medications given are generally considered very safe, but you may experience some temporary side effects which include:

- Nausea
- Dizziness
- Drowsiness
- Blurred vision

Some people with heart conditions may experience an irregular heartbeat. If you have a heart condition, let your doctor know before you start the double-blind infusion study.

## Procedure

1. The entire procedure will be explained to you and the doctor will ask you to sign a consent form.
2. You will be asked to describe the location of your pain. You will also be asked to give it a score out of 10. This is your baseline pain score.
3. A cannula is inserted into a vein (usually in your non-dominant arm).
4. The first medication will be given. You will be asked to score your pain out of 10 every 20-30 minutes.
5. Once your pain score returns to your baseline, the next medication will be given, and the study will continue as above. This will be repeated until all 4 medications have been given.

You should allow 6-8 hours on the day for the entire study. During your stay you will be required to fast, except for water, however food and drinks will be available upon completion. Occasionally we are unable to complete the study on the same day, but this will be explained at the same time.

It is recommended that you do not drive yourself home after the procedure. Please make arrangements for someone to collect you.



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