

POST-OP DISCHARGE INSTRUCTIONS

INTRATHECAL BACLOFEN PUMP

Before leaving Vancouver Hospital, know your next appointment with Intrathecal Baclofen Clinic or telephone ASAP to make arrangements to be seen within 5 -7days after hospital discharge:

Intrathecal Baclofen Clinic (Mon-Fri. from 7:00 am to 3:00 pm)

Your next appointment: Date: _____ Time: _____

Location: **GF Strong Rehab Centre**
4255 Laurel St.
Vancouver, BC V5Z 2G9

Contact Person: **Yolanda, RN**
Telephone (604-734-1313-2193) If urgent page:

ON YOUR FIRST VISIT

1. We will at this time evaluate your spasticity, adjust your Intrathecal Baclofen daily dosage, your oral medications, and check both incision sites. The pump will also be checked for accurate functioning.
2. For the next 4-8 weeks, you will visit the clinic frequently to adjust your daily intrathecal Baclofen dosage until you and the doctor/nurse feel your spasms are at a comfortable level.
3. Your follow-up appointments will last approximately 30 to 45 minutes and are scheduled your needs and the amount of Baclofen you are receiving.
4. Bring a **CURRENT LIST OF MEDICATIONS YOUR ARE ON:**

NEVER STOP TAKING YOUR ORAL ANTISPASTIC MEDICATION ABRUPTLY. ABRUPT WITHDRAWAL OF THESE MEDICATIONS CAN BE VERY DANGEROUS. WE WILL GIVE YOU A SCHEDULE TO DISCONTINUE THESE MEDICATIONS GRADUALLY.

5. Complete & mail your **Alert Bracelet/necklace Application**. If you want, bring the application with you, and the nurse can help you fill in the appropriate information.
6. On discharge from VGH, you will have received a **temporary Medtronic registration card**. Please carry this in your wallet with you at all times. It identifies the specifics of your pump. You will receive a permanent card through the mail from Medtronic.

AT HOME

1. Take your **temperature daily**, preferably in the evening, the same time each day until your visit the Intrathecal Baclofen Clinic. If your temperature is 38° C (101° F) or greater, call your intrathecal Baclofen nurse or doctor immediately, after clinical hours go to Vancouver Hospital Emergency Department.
2. Your physician **may order an abdominal binder** to wear 24 hours per day. The binder is worn to support the pump while the incision line heals and to decrease any swelling that may occur at the pump site.
3. Wear your **abdominal binder** at a comfortably snug level to support the pump while both incision lines heal. You may have **some swelling at both incisional sites**, this is normal. So that is why it is important to wear the binder. You may loosen the binder every 8 hours for 20-25 minutes, preferable when lying or resting, and then re-tighten binder to the same comfortable snug level. If you are concerned about the swelling, and have a lot of pain, call the clinic as soon as possible, or visit Vancouver General Hospital Emergency Department.
4. **Sponge bathing** is for approximately 2 weeks! Do not take a bath or shower until your nurse or doctor say you may. It is very important to prevent any infections. If your bandages become wet due to washing or get soiled, please replace with dry bandages to prevent any infections.
5. **Check your pump and back bandages daily** for any drainage. Report any drainage immediately to the clinic. Keep your bandages dry. If you have any fresh drainage coming from your back accompanied with, persistent headaches, or you experience persistent incisional pain; please take and report your temperature, and call your Baclofen Clinic nurse or doctor immediately. After clinical hours, go to Vancouver General Hospital Emergency Department and ask for your surgeon. You may call the GF Strong doctor on call to assist you.

Wound site infection:

REPORT ANY DRAINAGE, redness, or increase in swelling at the pump and/or back site area – *** notify the clinic ASAP***

6. **Avoid wearing tight clothing** such as elastic waistbands and belts, that may irritate your back and your pump incision line.
7. You may experience **headaches** after surgery when sitting up. This may last from one day to 2 weeks. Your headaches will be relieved by lying down and report this to your clinic. If lying down does not relieve your headaches, please notify your nurse/physician during clinical hours. After clinical hours please go to VGH Emergency Department.

ACTIVITY

Until your incision has completely healed, **avoid activities requiring excessive bending (over 45)** at the waist, **frequent transfers, and heavy lifting**. These activities may cause stress on the incisions and may dislodge the catheter for about 2-4 weeks. Avoid activities in which your incision lines may get wet. After your incisions have healed you may resume your regular activities as tolerated (work, recreation, sexual activities, hobbies). Ask your nurse/doctor when you may resume normal activities.

ADVERSE EFFECTS

During clinical hours (7:00am to 5:00 pm)

Have your clinic nurse first then doctor paged if no response **(604- 734-1313)** for the following adverse effects:

**After clinical hours - Page the GFS doctor on call to assist you with your pump. When you arrive at the ER- have them page the “GFS Doctor on call” go to Vancouver General Hospital Emergency Department *
604- 874 - 4111**

If life threatening, go to your nearest emergency.

Possible Overdose:

Drowsiness
Light headed
Progressive weakness in upper limbs
Decreasing conscious level
Decrease in breathing
Coma

Possible Withdrawal:

Sudden onset of pain/spasms
Severe headaches
Disorientation
Seizures

Possible Bacterial Meningitis

Temperature 38° C (101° F) or >
Persistent headaches
Headaches
Stiff neck
Sensitivity to light
Nausea and/or vomiting

Please notify in advance two working days to Pharmacy and then the clinic nurse to make another refill appointment.

5. Please notify the clinic nurse if you are hospitalized.

*** If you have any further questions or concerns, please feel free to contact your **Baclofen Nurse.**

BACLOFEN NURSE

(Yolanda- RN- full time); Sharon P'ng RN, Bonnie Vennables RN

Monday to Friday (7:00am to 3:00 pm): 604-734-1313- Loc. 2193

if urgent please call (604-734-1313) and page me during clinical hours

(If unable to contact me, please contact your Baclofen physician during clinical hours)

BACLOFEN PHYSICIANS

Dr. Viet Vu & Dr. Andrea Townson : Office # 604-734-1313 (M-F)

AFTER CLINICAL HOURS

Please page the GF Strong doctor on call to assist you. Please go to **VGH Emergency (875-4111)** ask for the GFS doctor on call to help you, or go to **your nearest Emergency Department in a life threatening situation.**

EMERGENCY INSTRUCTIONS

You will receive a Pump Implantation Card, an emergency protocol, and 3 pump symptoms sheet when you are discharged from the hospital. Carry these three items with you at all times in case of an emergency.

After clinical hours, please contact the GF Strong doctor on call to assist you with your pump at 604-875-4111. If you are having breathing problems, please go to your nearest Emergency Department and ask the ER staff to contact the GF Strong doctor on call at 604-875-4111 to assist you with your pump care. Eitherwise, please go to VGH Emergency for any abrupt onset of spasticity, drainage from your surgical wounds, or any other emergency pump concerns for medical intervention and call the GF Strong doctor on call at 604-875-4111.

Extreme drowsiness may be the result of an overdose and require immediate medical attention which may include a significant decrease in dose, monitoring heart and respiratory function, checking the system's performance, and possibly removing the drug from the pump or reversing the symptoms with intravenous medications.

FOR 24 HOUR MEDTRONIC TECHNICAL ASSISTANCE CALL 1-800-328-0810

MISCELLANEOUS

1. **Inform family members and close friends** of your Baclofen pump, its purpose, and make them aware of the 3 pump symptoms that may occur.
2. **Notify your clinic nurse** and remind your primary physician and dentist that you have an implanted pump **prior to any medical or dental treatments** such as MRI's, lithotripsy, ultrasound, etc. Tell your health professional in advance that you have a Baclofen Pump before any medical procedure
3. Call your baclofen nurse or doctor if you should hear a **beeping sound (alarm)** coming from your pump. This alarm may indicate the Baclofen reservoir is low or a low pump battery. If you plan to travel for your holidays, notify your nurse in advance so a Baclofen refill can be arranged and knowelge of your nearest pump clinic.
4. On **your first refill**, you will receive 40 mls of medication. It is critically important to **keep your refill appointments to avoid adverse effects**. The drug prepared by pharmacy is only good for 24 hours. **You will be charged for the medication, if you miss your refill appointment.**