Appendix 1.

SHARED DECISION-MAKING FOR PRESCRIPTION OPIOIDS AFTER CESAREAN DELIVERY

*document adapted from the original*


The authors provided this information as a supplement to their article.

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WHAT IS PAIN?

UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.

0 1 2 3 4 5 6 7 8 9 10

**Verbal Descriptor Scale**

- **0** No Pain
- **1** Mild Pain
- **2** Moderate Pain
- **3** Moderate Pain
- **4** Severe Pain
- **5** Worst Pain Possible

**Wong-Baker FACIAL GRIMACE SCALE**

- **0** Alert, smiling
- **1** No burping, flat
- **2** Burping, lip pursing
- **3** Wrinkled nose, raised upper lip
- **4** Wrinkled nose, raised upper lip, rapid breathing
- **5** Slow blink, open mouth
- **6** Eyes closed, moaning, crying

**Activity Tolerance Scale**

- **0** No pain
- **1** Can be ignored
- **2** Interferes with tasks
- **3** Interferes with concentration
- **4** Interferes with basic needs
- **5** Bedrest required


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HOW MUCH PAIN DO WOMEN USUALLY HAVE AFTER A C-SECTION?

During hospitalization, the average pain score that women report is 5.
HOW MUCH PAIN DO WOMEN USUALLY HAVE AFTER A C-SECTION?

1 week after hospitalization, the average pain score that women report is 3.
HOW MUCH PAIN DO WOMEN USUALLY HAVE AFTER A C-SECTION?

2 weeks after hospitalization, the average pain score that women report is 2.


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## What Are the Benefits and Side Effects of Each Medication?

<table>
<thead>
<tr>
<th>Medication</th>
<th>Effect on Pain</th>
<th>Side Effects</th>
<th>Safe in Breast-Feeding?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tylenol</strong> (MOTRIL or ADVIL)</td>
<td>Moderate</td>
<td>Minimal</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>With overdose:</em> Liver Damage (rare)</td>
<td></td>
</tr>
<tr>
<td><strong>Ibuprofen</strong> (MOTRIL or ADVIL)</td>
<td>Strong</td>
<td>Heartburn or Upset Stomach (10%) Water Retention</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>With overdose or long-term use:</em> Kidney damage or Stomach ulcer (rare)</td>
<td></td>
</tr>
<tr>
<td><strong>Oxycodone</strong> (opioid)</td>
<td>Strong</td>
<td>Drowsiness, Constipation, Itching, Nausea, Vomiting, Dizziness</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>With overdose:</em> Oversedation (rare)</td>
<td></td>
</tr>
</tbody>
</table>

Some patients who are prescribed opioids like oxycodone after a C-section can become addicted to them, but this risk is low.

WHAT ARE SOME OTHER RISKS OF MEDICATIONS LIKE OXYCODONE?

Opioid misuse and abuse is a major current health problem in the U.S.

Opioids that are misused are often obtained from a friend or relative - usually without the knowledge of the person to whom it was prescribed.

WHAT ARE YOUR OPTIONS FOR MANAGING YOUR PAIN AT HOME?

A study was completed recently on how many oxycodone tablets women use at home after cesarean.

On average, women only use 20 tablets and are satisfied with their pain control.

WHAT ARE YOUR OPTIONS FOR MANAGING YOUR PAIN AT HOME?

If their in-hospital pain scores were 3-4, they used 15 tablets of oxycodone at home...

If their in-hospital pain scores were 5-6, they used 23 tablets of oxycodone at home...

...and if their in-hospital pain scores were 7-8, they used 29 tablets of oxycodone at home.

WHAT ARE YOUR OPTIONS FOR MANAGING YOUR PAIN AT HOME?

Please think about your average pain score while you have been in the hospital, and how many tablets of oxycodone you would like. Studies show on average women use 20 or fewer tablets at home after cesarean with good pain control. What number of tablets is right for you?


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WHAT DO I DO IF I RUN OUT OF OXYCODONE AT HOME?

(A) Call your doctor or midwife’s office to schedule an appointment.

(B) You can **always** call ( ) - to speak to an on-call provider. They are available 24 hours a day to give you advice if you’re having pain.

You should know that to get a refill of oxycodone, you will need to be seen in person.

WHAT DO I DO WITH ANY EXTRA OXYCODONE LEFT OVER?

You can dispose of oxycodone at most police stations and pharmacies. Check with your pharmacy and local police station.

If these are not options for you, please call your doctor.
Do you have any questions about any of the things we have discussed?