

# CADD Pump: pain medication

## What is a pain pump?

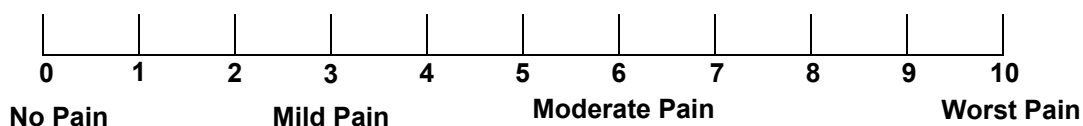
With a pain pump, you give yourself medicine to control and relieve your pain. At this time, the pain pump we use is called a CADD pump. CADD stands for **C**ontinuous **A**mbulatory **D**elivery **D**evice.

## How does it work?

The pump contains a cassette with the pain medicine and is a little bigger and heavier than a smartphone. The medicine is connected to tubing and is given through a small needle. The needle is inserted under the skin – usually in your upper arm, upper leg or abdomen (stomach area).

The CADD pump is set to give you a safe amount of pain medicine all the time, every hour, 24 hours a day.

Before the pump is started, the nurse will explain how it works. You may be asked to repeat what was said in your own words. You will be asked to rate your pain on a scale of 0 of 10.



## What if I have pain even when I am getting pain medicine all the time?

This is called breakthrough pain. The Doctor or Advanced Practice Nurse will let you give yourself more medicine up to 4 times an hour.

## Can I get too much medicine?

If you accidentally push the button early or need more medicine, it will not give you more than it is set to deliver. Use the pump to give extra medicine for any breakthrough pain. If you feel comfortable, there is no need to push the button, even if it is within the timeframe. Check with your health care team before taking new medicines either prescription or other-the-counter. They may interfere with your current pain medicine.

The pump will remember the number of attempts and compare it to the number of times you were given breakthrough pain medicine. This will allow your health care team to determine how much to change your pain management at your next visit. The pump settings and the medicine can be changed to provide better pain relief. If your pain is getting worse while on the pump, please contact your health care team right away. You do not need to wait until the next visit.

## **Only you push the button!**

The pump is your pump. Only you and the health care team should push the button. Family members and friends should never push the button. If someone other than you or the health care team pushes the button, you may become too sleepy and stop breathing.

You should push the button when you are having breakthrough pain or when you are about to start or anticipate a painful activity. If you have any trouble pushing the button on the pump, you can ask the team about getting an extension cord.

## **What if I accidentally change the pump settings?**

The pump's computer is programmed by the nurse and cannot be changed until the correct pass code is entered.

## **How do I shower or dress myself with the pain pump?**

You must never disconnect the pump from the tubing, even for a little bit. It is important to keep germs out of the tubing. You can protect your needle area with plastic wrap but keep the pump away from water to shower. **Do not get the pump wet.** Keep the area as dry as you can. You may need to avoid bathing or soaking in water if your needle is in your abdomen.

It may be tricky at first to dress yourself when using a pump. You may need to choose looser clothing or ask for help.

## **Can I drive with a CADD pump?**

It is best to avoid driving or operating dangerous equipment when you are using a pain pump until you know how the medicine will affect you. This applies when you are starting a pump, have a medicine change or the amount of medicine changes. If you choose to drive, be aware of municipal laws. You may be charged with driving under the influence if you have had pain medicine. If you are unsure, please talk with the health care team.

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## Can I walk with a CADD pump?

Yes. The CADD pump is small enough to carry in a bag or pouch so that you can remain active.

## How often does a nurse check the pump?

If you are in the hospital, a nurse will check the pump every 4 hours. If you are at home, the visiting nurse will check the pump every day. The cassette contains pain medicine and will need to be replaced every few days, depending on your usage.



## Common side effects

### Drowsiness

At first, it is normal to be a little drowsy when using a pain pump or when the amount has changed. This is usually temporary and will go away over time as your body adjusts to the medicine. If you are falling asleep during conversations or when eating a meal, call the doctor who prescribed the pump. You may need to have the pump settings or medicine adjusted.

### Nausea

You may feel sick to your stomach or have nausea when the pump first starts, or whenever you have the amount dose adjusted. You may need to take medicine to help your nausea, including over the counter medicine or ones that your doctor prescribed. This feeling usually goes away within a week or two. If the nausea continues, call the team who prescribed the pain pump.

### Constipation

All opioids cause constipation but it can be prevented by taking regular laxatives. Do not wait until you are constipated before you take a laxative. Senokot, Lactulose or Dulcolax are ones that your doctor may prescribe or you can buy them over the counter without a prescription. You will need to keep track of your bowel movements. If your bowels have not moved in 3 to 4 days, call your health care team.

## **A note for patients and families**

### **Confusion (Delirium)**

Some people may become confused or see or hear things that are not really happening. This is not a normal reaction to pain medicine but may occur. If you experience this, you or your family need to call the doctor who prescribed the pain pump.

Sometimes when a patient is on a pain pump, they may become restless, moan or call out. This can be very distressing for families. Most family members will think that their loved one is in pain when that may not be the case. This can be a sign of delirium and the patient may need the medicine decreased or changed. If this occurs, do not give your loved one extra doses of pain medication as it may make delirium worse. Please call the team who prescribed the pain pump.

### **Jerking (Myoclonus)**

Some people may experience muscle twitches while they're awake. These twitches, or jerking, are sudden and involuntary. If you experience this, you need to call the doctor who prescribed the pain pump.

### **Pain at the needle area**

The needle will be changed every few days. Tell your nurse if the area is leaking or is red, hard and hot. These signs mean that you may not be getting the medication properly.

### **Something is wrong with the pump**

If the pump starts beeping and flashing red, check the error message. Sometimes, it is a result of a kink in the tubing. Make sure that the tubing is not pinched in any way and press 'Start.'

Sometimes, the pump will beep and the screen will flash yellow if the batteries are running low. Ensure you always have 4 extra 'AA' batteries and make sure that you plug in the pump to the outlet overnight.

If you have any questions or concerns about your pump,  
please call your nurse.

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