



PAIN MANAGEMENT



Intravenous Lidocaine Infusion

Information for patient and families



Unité de gestion de la douleur
Alan-Edwards
Pain Management Unit

We would like to thank the team of MUHC librarians, the medical, the nursing team of the clinic and the patient partner for the development, plain language editing, design, layout, and the creation of all images.

Your doctor has recommended an intravenous lidocaine infusion to reduce your pain, to improve your quality of life, and to help you be more active.

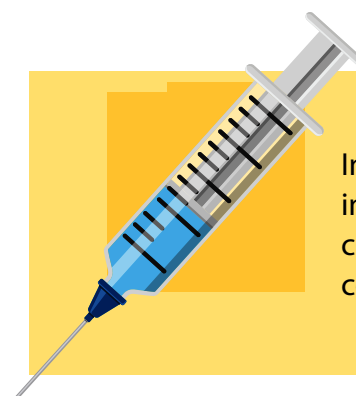
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Table of contents

What is lidocaine	1
What do I need to do before my infusion.....	3
When should you reschedule your infusion	5
What to expect on the day of your infusion	7
What to expect after the infusion.....	9
What are possible side effects of an infusion.....	11
When to seek medical help	13
Resources.....	15

What is lidocaine

Lidocaine is a medication that can help control heart rhythm, and is commonly used as a local anesthetic to freeze (numb) the skin.



Intravenous lidocaine (injected into a vein) may help control chronic pain in a variety of conditions.

What do I need to do before my infusion

- Your doctor will explain the reasons for the treatment, how it works, its potential benefits, and possible risks.
- Your doctor will give you a referral for an electrocardiogram (ECG).



- You must complete an electrocardiogram (ECG) before your lidocaine infusion. If you had the ECG outside the MUHC, please bring a copy of the results.
Your doctor will review the results before scheduling the infusion.
- If you had not done the ECG in advance, please arrive 30 minutes before your appointment and the nurse will perform it.



Important:

Someone must accompany you after the infusion to have them drive you home.

You will not be allowed to leave alone.

When should you reschedule your infusion

You should reschedule your intravenous lidocaine infusion if you have:

- A recent onset of arrhythmia (irregular heart rhythm) or other heart related symptoms
- An infection (cold, sinus infection, bronchitis, or pneumonia, etc.) and are taking antibiotics
- A fever of 39°C (102.2°F) or higher



What to expect on the day of your infusion

- Arrive 15 minutes before your scheduled appointment.
- Take all your regular medications, including your pain medications, unless otherwise instructed.
- You may eat and drink as usual. You are welcome to bring a snack.
- The treatment will last about 1 hour; Plan to be at the clinic for approximately 2 hours.
- You will be seated in a reclining chair or lying on a stretcher.



The infusion typically includes:

- A bolus (a concentrated dose of lidocaine) administered by a doctor
- An infusion of lidocaine over 1 hour administered by the nurse

A nurse will be with you throughout the treatment to:

- Record your weight
- Insert an intravenous line (a small tube usually in your hand or arm)
- Prepare the medication
- Monitor your vital signs
- Observe and respond to any side effects
- Answer any questions you may have



*You are welcome to bring
a book, music, or something else
to help pass the time.*

*A family member or friend
is welcome to stay with you
throughout the infusion.*

What to expect after the infusion

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- Each person responds differently depending on the cause and nature of their pain. You may experience:
- Immediate pain relief, which may last several days or weeks.
 - Gradual reduction of pain relief over time.
 - Only temporary, minimal or no pain relief.

After the lidocaine infusion:

- Continue recording your pain levels and symptoms in your diary. This will be reviewed with the nurse and physician at your next appointment.
- A nurse or doctor at the clinic will call you in approximately 2 weeks after the infusion.



→ Your medical team will decide whether to continue the treatment based on your response. You may continue to receive the lidocaine infusion if you:

- Experience less pain
- Notice a better quality of life
- Able to function better

Your treatment plan will be discussed with your doctor.



Please note that lidocaine infusions are not intended for a long term treatment (i.e. over many years).

What are possible side effects of an infusion

You may experience one or the following symptoms during or after the treatment:

- General fatigue
- Dizziness
- A feeling of euphoria (intense excitement and happiness)
- Numbness around your mouth
- Ringing in the ears



These feelings are normal. They usually disappear within the first few hours.

- *Do not drive or make important decisions until these effects have completely worn off.*





For medications related questions, please contact your local pharmacist.



To speak with your physician or clinic nurse at Alan Edwards Pain Management Unit (AEPMU):

514-934-1934 ext. 48222

Monday through Friday,
from 8 a.m. to 4 p.m.

 ◦ Quebec Chronic Pain Association douleurquebec.ca/en	 ◦ Canadian Pain Society canadianpainsociety.ca
 ◦ My pain management ◦ My Pain Management gerermadouleur.ca/en	 ◦ Power Over Pain poweroverpain.ca
 ◦ International Association for the Study of Pain iasp-pain.org	

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Important: Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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