



PAIN MANAGEMENT



Intravenous Pamidronate Infusion

Information for patient and families

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 pamidronate infusion to help reduce your pain, to improve your quality of life, and to support you in being more active.

A decorative graphic consisting of several concentric circles in shades of pink and red, located in the bottom right corner of the page.

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What is pamidronate

Pamidronate is a medication that helps slow the breakdown of bone, making them stronger and decreasing the amount of calcium released from the bones into the blood.

As the bones strengthen, chronic pain may improve, allowing you to feel more comfortable, and engaged in regular activities.



Intravenous pamidronate (injected into a vein) has been found to help reduce pain levels in certain patients with complex regional pain syndrome (CRPS).

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 a blood test. You must book the blood test on Clic Santé or at a private clinic.



- The blood tests must be done before your pamidronate infusion is scheduled.
- If the test are done outside the MUHC, please bring a copy of the results.
Your doctor will review them before the infusion can be scheduled.
- These tests verifies your kidney function, and measures levels of certain elements in your blood, such as calcium.

- You must book a telephone appointment with the nurse (1-2 weeks after your blood tests) so they can review the results and schedule the infusion.

IMPORTANT :

Someone must come get 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 appointment if you have:

- An infection (cold, sinus infection, bronchitis, or pneumonia) and are taking antibiotics
- A fever of 39°C (102.2°F) or higher
- New mouth ulcers or gum disease



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 instructed otherwise.
- You may eat and drink normally. Feel free to bring a snack.
- The treatment will last approximately 5 to 6 hours.
- You will be seated in a reclining chair or lying on a stretcher.
- You may be seen by a doctor (who may be different than your usual treating doctor) to manage any side effects. We may give you acetaminophen (e.g., Tylenol) at the first infusion to help with side effects.



A nurse will be with you throughout the treatment to:

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

You may also bring a family member or friend to stay with you throughout the infusion.

What to expect after the infusion

- Your first dose will be administered at the Alan Edwards Pain Management Unit (AEPMU).



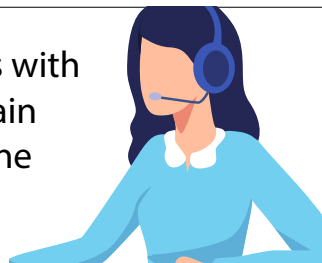
Each person responds differently depending on the cause and nature of their pain.

- Some people notice a pain relief for a few days.
- For others, it may take between 2 to 4 weeks to feel a difference in pain levels.

- Continue recording your pain levels and symptoms in your diary. You will discuss with the nurse and doctor at your next appointment.
- A nurse or doctor will call you approximately 1 month after your first infusion.
- Your medical team will decide whether to continue the treatment based on your response. You may continue to receive the infusions if you:
 - Experience less pain
 - Notice a better quality of life
 - Better able to perform daily activities

- If your treatment continues, you will get your second or third dose at your local health clinic 1 to 2 months later.

The nurse will coordinate this with your local CLSC and will explain the process during a telephone follow-up.



What are the possible side effects of an infusion

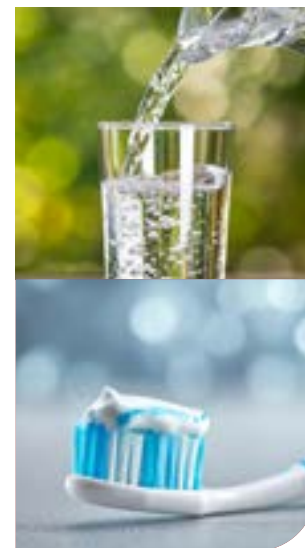
You may experience one of the following symptoms during or within 48 hours after the treatment:

- Fever of 38°C (100.4°F) or higher
- Muscle, bone, or joints aches
- Headache
- Gum problems or mouth ulcers

These symptoms are common, and usually resolve on their own.

Recommendations:

- *Drink 1-2 glasses of water the morning of each infusion and another two glasses in the following 24 hours.*
- *Maintain a good dental hygiene (brush teeth and floss) throughout treatment.*



When to seek medical help

Go to your local clinic or emergency room if you experience:

- Fever of 39°C (102.2°F) or higher
- A skin reaction (swelling, redness, or pain) at the injection site that does not go within the 48 hours.



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	



Notes

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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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