

Appendix 1.

SHARED DECISION-MAKING FOR PRESCRIPTION OPIOIDS AFTER CESAREAN DELIVERY



document adapted from the original

Prabhu M, McQuaid-Hanson E, Hopp S, Bruns SM, Leffert LR, Landau R, et al. A shared decision-making intervention to guide opioid prescribing after cesarean delivery. *Obstet Gynecol* 2017;130.

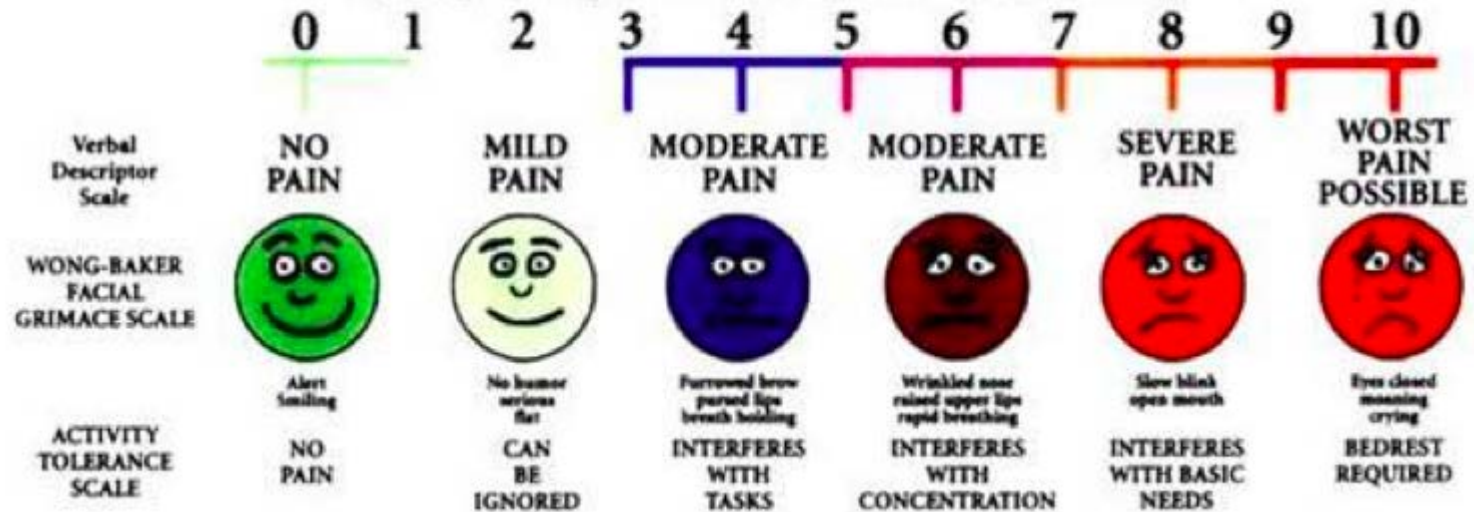
The authors provided this information as a supplement to their article.

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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.



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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.



WHAT ARE THE BENEFITS AND SIDE EFFECTS OF EACH MEDICATION?

	EFFECT ON PAIN	SIDE EFFECTS	SAFE IN BREAST-FEEDING?
TYLENOL	MODERATE	MINIMAL <i>With overdose:</i> Liver Damage (rare)	YES
IBUPROFEN (MOTRIL OR ADVIL)	STRONG	HEARTBURN OR UPSET STOMACH (10%) WATER RETENTION <i>With overdose or long-term use:</i> Kidney damage or Stomach ulcer (rare)	YES
OXYCODONE (OPIOID)	STRONG	DROWSINESS, CONSTIPATION, ITCHING, NAUSEA, VOMITING, DIZZINESS <i>With overdose:</i> Oversedation (rare)	YES

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WHAT ARE SOME OTHER RISKS OF MEDICATIONS LIKE OXYCODONE?



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

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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.

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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.

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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...

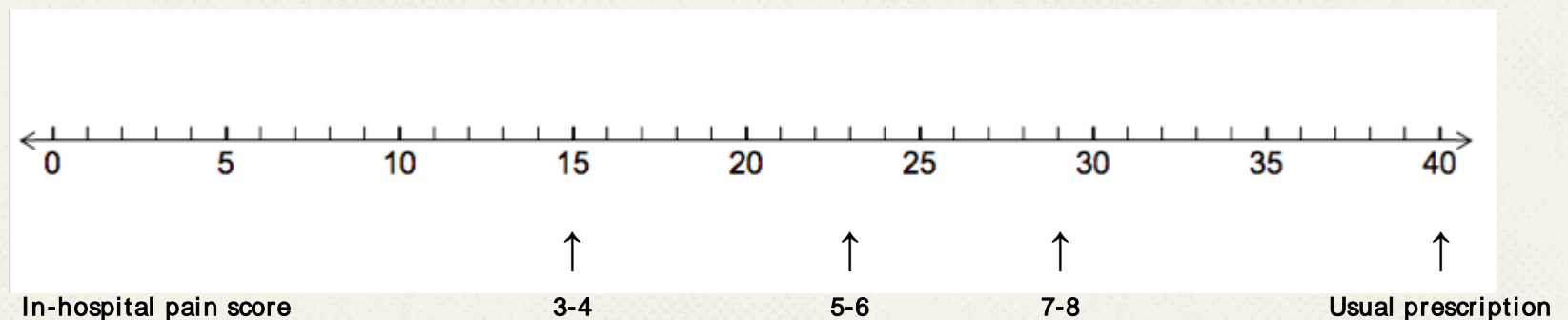


...and if their in-hospital pain scores were 7-8,
they used **29** tablets of oxycodone at home.

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.



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

(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.



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?