

PCA (Patient Controlled Analgesia) Pump

A PCA pump is an IV (intravenous) pump that lets you manage your pain medicine. When you have pain, you push a button on the cord and a certain amount of pain medicine is given into your IV.

Only you should push the PCA button. Family members and friends are not to push the button. There is a risk of dangerous side effects if anyone but you pushes the PCA button.

When to Push the Button

- When you begin to feel pain, push the button.
- The pump will beep when you are getting the pain medicine. If the pump does not beep, it is not time for your next dose of medicine. Wait a few minutes and then push the button again if you are having pain.
- Push the button before any activities that may make your pain worse, such as walking, physical therapy, coughing and deep breathing.

If You Still Have Pain

If you do not have pain relief and it is not time for your next dose, call your nurse. Tell the nurse about your pain, including where it is and how much it hurts. The nurse can work with you and your doctor to manage your pain.

患者管理鎮痛法 (PCA) ポンプ

PCA ポンプとは、鎮痛薬を患者が管理できる IV（静脈点滴）ポンプです。痛みを感じたときに、コードのついたボタンを押すと、一定量の鎮痛剤が点滴ラインから投与されます。

PCA ボタンを押してよいのは患者のみです。家族や友人はボタンを押さないでください。患者以外の方が PCA ボタンを押すと、危険な副作用のリスクがあります。

いつボタンを押すか

- ボタンを押すのは、痛みを感じ始めたときです。
- 鎮痛剤が入ってくると、ポンプのブザーが鳴ります。ポンプのブザーが鳴らないときは、まだ薬の投与時間ではありません。数分間待ち、まだ痛みがあるときは再度ボタンを押してください。
- 歩行や物理療法、咳や深呼吸など、痛みを悪化させるような活動の前にボタンを押してください。

痛みが続く場合

まだ次の薬の投与時間がきていなくても痛みが強い場合は、看護師にお知らせください。痛む場所と痛みの程度などを看護師に伝えてください。看護師が主治医が貴方と協力しながら痛みの処置を実施します。

Tell your nurse or doctor if:

- You do not have pain relief.
- You have any side effects from the pain medicine, such as:
 - ▶ Sleepiness
 - ▶ Slowed breathing
 - ▶ Nausea or vomiting
 - ▶ Constipation
 - ▶ Itching
 - ▶ Problems urinating
- Your IV hurts, is red, swollen or leaking.

Talk to your doctor or nurse if you have any questions or concerns.

以下の事項に該当する場合は看護師または医師に伝えてください。

- 痛みが緩和しない。
- 鎮痛剤によって以下のような副作用が出る。
 - ▶ 眠気
 - ▶ 呼吸抑制
 - ▶ 吐き気または嘔吐
 - ▶ 便秘
 - ▶ かゆみ
 - ▶ 排尿困難
- 点滴部が痛む、赤くなる、腫れる、または漏れている

質問や不明な事項については、主治医または看護師にご相談ください。

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PCA. Japanese.