

# INSTRUCTIONS FOR THE USER

## Rescue doses: For better pain relief

Your care team is working to improve your quality of life. Since you are in pain, your care team can assist you.

### **Why has the physician prescribed rescue doses?**

A rescue dose is an additional dose of analgesic to be used if your pain is not relieved by your regular doses (basic dose prescribed at a set time). If you take rescue doses according to your physician's prescription, there is no danger. The important thing is to take this medication when the pain returns, even if your regular dose is scheduled to be taken one hour later.

***Every day, on a sheet of paper, you must note the time at which you take the rescue doses. Then give this sheet to the care team during your appointments. This will help the physician to adjust your medication.***

### **How to evaluate your pain?**

You are the best person to talk about this pain.

- How do you describe it?
- Can you name the places where you feel the pain?
- What gestures and actions improve or worsen your pain?
- Is your pain more present, more difficult to tolerate at certain times?

Your team will often ask you to quantify your pain on a pain scale, for example, from 0 to 10. This will allow you to indicate how the pain is relieved when you take your medication.

All your answers will help your care team to improve the treatment of your pain to make it more tolerable. Together, we are looking for the best recipe for relief that will ensure your greatest comfort.

The following are some questions that users suffering from pain pose most often as well as some possible answers.

**Question 1:**

**"How should I describe the pain to the nurse or physician?"**

**Answer 1:**

Pain is not always easy to explain. We encourage you to use the words that you find most descriptive.

➤ burning, stinging, electric shock, sensation of pressure, etc.

**Question 2:**

**"Can I take a rescue dose? My next regular dose is to be taken in one hour."**

**Answer 2:**

A rescue dose is really a medication to be taken between regular doses when the pain returns too quickly. You must respect the time prescribed between the rescue doses, which is why it is important to note the time you take them.

**Question 3:**

**"I take my medication prescribed to relieve pain every 12 hours.**

**Nevertheless, I am in pain again one hour later. Can I take a rescue dose?"**

**Answer 3:**

You can take a rescue dose if the interval between the other rescue dose taken earlier corresponds to the physician's prescription.

**Question 4:**

**"My physician has prescribed a Fentanyl patch for me that is changed every three days. However, I feel that it is less effective after two days."**

**Answer 4:**

You can take rescue doses when the pain returns according to your prescription, perhaps more on the third day. You must advise the nurse or physician of this situation during your next appointment.

**If you have any questions, do not hesitate to contact  
your nurse or physician.**

**You can also telephone the Info-Santé line.**