

IN CARE OF KIDS

Sickle Cell: Pain

For pain, please do this:

1) Give ibuprofen (also called Motrin or Advil) as shown on the chart. 2) Put heat on the painful spot. Never use cold! 3) Put your child in a warm bath or hot shower. 4) Have your child drink lots of liquids. 5) Have your child rest in a quiet room. 6) Massage the painful spot. 7) Play a movie, read a story to them, sing softly or play soft music. 8) Dress your child in warm clothes. 9) Don't smoke around your child. 10) If pain isn't better with the ibuprofen, KEEP GIVING IT every AND ALSO give the other pain medicine as shown: Hydrocodone/Tylenol (Lortab or Vicodin) at a dose of _____ _____ pills every 4-6 hours OR Oxycodone at a dose of _____mg or _____ pills every 4-6 hour _____ Dilaudid (2mg) every 4 hours <u>OR</u> • _____Dilaudid (4mg) every 4 hours OR • _____ every ____ hours.

Keep gving your child the ibuprgen every 6 hours. <u>It won't hurt your child to get ibuprofen and</u> the other pain medicine at the same time.

- 11) If your child is still having bad pain after 12-14 hours of ibuprofen and the other pain medicine, call the clinic at 720-777-6740, or call the nurse line at 720-777-4325.
- 12) If your child is doing well, keep giving both medicines for 2-5 days, and then stop the extra pain medicine. Keep giving the ibuprofen another day or two.
- 13) Have you child eat fruits and veggies when taking the extra pain medicine or take Miralax so that they don't get constipated.

Author: Oncology ClinicApproved by Patient Education CommitteeValid through 2018The information presented is intended for educational purposes only. It is not intended to take the place of yourpersonal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not
be used in place of a visit, call or consultation or advice of your doctor or other health care provider.



Ibuprofen

Dosage

(mg)

100

150

200

250

300

350

Ibuprofen Dosing Chart

Weight

(lbs)

20

30

40

50

60

70

6 hours		
	80	400
_ ml or mg or	90	450
urs <u>OR</u>	100	500
	>120	600
nurt your child to get ibuprofen and		
profen and the other pain medicine		