

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 6 hours

AND ALSO give the other pain medicine as shown:

- Hydrocodone/Tylenol (Lortab or Vicodin) at a dose of ____ ml or ____ mg or ____ pills every 4-6 hours OR
- Oxycodone at a dose of ____ mg or ____ pills every 4-6 hours **OR**
- _____ Dilaudid (2mg) every 4 hours **OR**
- _____ Dilaudid (4mg) every 4 hours **OR**
- _____ every ____ hours.

Keep giving your child the ibuprofen every 6 hours. It won't hurt your child to get ibuprofen and 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 your child eat fruits and veggies when taking the extra pain medicine or take Miralax so that they don't get constipated.

Ibuprofen Dosing Chart

Weight (lbs)	Ibuprofen Dosage (mg)
20	100
30	150
40	200
50	250
60	300
70	350
80	400
90	450
100	500
>120	600