

STAY CALM

# Pain

Keep child calm, drink fluids, use relaxation strategies

(for example, guided imagery, progressive muscle relaxation, deep breathing, distraction).

Is it from an injury?

NO

YES

Is there a fever (Temperature  $\geq 101^\circ$ )?

NO

YES

Is there chest pain or wheezing?

NO

YES

Nausea, vomiting, or diarrhea?

NO

YES

Rest, Compression, Elevation  
Call your Primary Care Physician  
(Do not use ice)



Call the Sickle Cell Clinic or the Hematology fellow on call, IMMEDIATELY for pain with any of these symptoms

Clinic Open (M-F 8-5:30) Call:  
**(513) 636-8790**

Clinic Closed Call:  
**(513) 636-4200**

Begin individualized pain management

## 1. Assess the severity of your/your child's pain

### MILD PAIN

Ibuprofen  
OR Naprosyn (naproxen)

### MODERATE PAIN

Tylenol with codeine  
OR Oxycodone  
Continue Ibuprofen

### SEVERE PAIN

Morphine  
OR Oxycodone  
OR Percocet  
OR Vicodin  
Continue Ibuprofen

2. Give appropriate medication as outlined in your individualized pain management plan and begin rest, fluids, warmth, and relaxation strategies.

3. Remember to reassess how bad the pain is every 1-2 hours.

4. Most medications only last 4-6 hours so you may need to give them again.