

Lignocaine (Lidocaine) Infusions - Easy read

Information and advice for patients

Pain Management

Please read this leaflet carefully. Ask your practitioner about anything you do not understand.



Why am I having Lignocaine Infusions?

- You are having this form of pain management because you are having pain all over your body and tablets are not helping your pain.
- Your pain is everywhere, so we cannot manage it with local injections.



What is a Lignocaine Infusion?

- Lignocaine is a pain medication that is given through an intravenous infusion. This is sometimes called a "drip".
- A small plastic tube ("cannula") will be put into a vein in your hand or arm, to get the medication into your blood stream and all through your body.
- Lignocaine will improve your pain symptoms so that you can be more active and have better quality of life.
- Lignocaine will not make your pain go away completely, but it will reduce your pain.



How does lignocaine work?

- Lidocaine reduces the tone/voltage of your nervous system to a lower one so not to cause so much wide spread pain



- This means you feel less pain.
- Many people with similar pain to yours tell us that they have less pain after lignocaine infusions. Some people say that it does not change their pain.



Image Source: https://live.staticflickr.com/7031/13578831923_18913556b1_b.jpg



Are there any other treatments?

- You can try some other medications, tablets or injections.
- You can attend our Pain Self-Management Programme.



What are the risks and side effects?

- Side effects might happen during the procedure. We will ask you to stay for a while after the infusion has finished to check that you are well.



Common side effects:

- Low blood pressure – we can manage this by slowing down the infusion or stopping it.
- Headache
- Problems with the cannula
- High blood pressure
- Fast heart rate or heart racing
- Feeling sick or nausea



Rare risks:

- Irregular heartbeat
- In extremely rare cases lignocaine toxicity might happen
- Please tell the staff if you feel unwell, especially if your mouth feels tingly or numb.
- Doctors and nurses will keep checking your body's response to the lignocaine infusion to make sure that you are well. They will manage any side effects when they happen.
- Please call us **before your appointment** if you are pregnant or trying to get pregnant.



What to expect:

Before the procedure:

- You can eat, drink and take your medications as normal.
- Please bring a list of all your medications with you to the hospital.
- You will be admitted to the Procedures Unit.



- We will weigh you so that we can calculate the right dose of lignocaine for you.
- The doctor will explain the procedure to you and ask you to sign a consent form
- Please ask about anything you do not understand.



During the procedure:

- A cannula will be inserted into your hand or arm.
- Throughout the procedure your blood pressure will be monitored
- The infusion will take between 1 to 2 hours until all the lignocaine has gone into your body.
- You will be sitting in a chair or lying on a bed during this time. Staff can help you if you need the toilet during this time.
- You can bring something to watch, read, or listen to while you are having your infusion. Please wear headphones if you are listening to music or videos.
- If you have a carer, they can stay with you.



After the procedure:

- You cannot drive or use public transport for the rest of the day.
- It's best for someone to be with you for the journey home, and to stay with you overnight to make sure you are okay.



What do I need to do after leaving the hospital?

- You should take it easy for the rest of the day.
- Over the next days and weeks, try to increase your activity bit by bit.
- Moving and exercising will keep you healthy and well.
- Following the Lidocaine infusion the aim would be to try and reduce your analgesia. If needed this can be discussed with your GP.



Follow-up Care

- After the procedure, you will be discharged back into the care of your GP unless you're on a patient initiated follow up pathway (PIFU).
- Your GP will review your pain and how you are doing.
- Your GP can refer you back to the Pain Service if you need more help in managing your pain.



How to contact us with any questions and concerns:

- You can call us on:
 - **0121 507 4866**
 - Monday to Friday, from 9am to 4pm.
- If you have any problems outside of these times, please contact your GP.



You can find more information on these websites:

EasyHealth

<https://www.easyhealth.org.uk/>

Versus Arthritis

<https://www.versusarthritis.org/>

Fibromyalgia Action UK

<https://www.fibromyalgia-associationuk.org/>



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