

Total Knee Replacement Enhanced Recovery Analgesia Guideline

All usual analgesia unless renal impairment or otherwise indicated (including opioid patches)
Prescribe 100 - 300mg Gabapentin PO pre-op unless contraindicated
Consider Adductor Canal Block with catheter for 2 days or other regional blocks as indicated
Avoid routine epidurals; intrathecal diamorphine/morphine (consider fentanyl/no intrathecal opioid) or PCAs
Paracetamol 1g 4 - 6hrly (PO/IV/pr) 4gm in 24 hrs - reduce dose to 500mg QDS if patient weighs <50kg

Patients under 75 years who have normal renal function



Patients who are greater than 75 years and are considered at risk of toxicity



Patients with prior renal impairment or who have an e GFR < 30



Ibuprofen 400mg PO TDS OR Naproxen 500mg PO BD if no contraindications Then add prophylactic PPI i.e. (Lansoprazole 15mg PO BD)	Avoid NSAIDs	
Morphine Sulphate (SR) 10 mg BD PO for 2/7 Switch to Oxycodone (SR) 5mg PO BD if intractable side effects	Morphine Sulphate (SR) 5 mg BD PO for 2/7	Avoid NSAIDs No MR opioid
Naloxone 100 - 400 micrograms prescribed: following algorithm (Naloxone delivery)		
Oramorph 5 - 20mg 2 hrly PRN Switch to Oxycodone (IR) 2.5 -10mg 2 hrly PO PRN if intractable side effects	Oramorph 2.5 – 10 mg 2 hrly PRN (lowest effective dose) - monitor renal function Switch to Oxycodone (IR) 1.25 - 5 mg 2 hrly PO PRN if intractable side effects	eGFR 30 – 60 Give Oramorph 2.5-5mg 4 hrly PRN eGFR < 30 Give Oxycodone IR 1.5-2.5mg 2-4 hrly PO PRN
Gabapentin 100 to 300mg PO stat: if effective continue 300mg TDS for 3 days and review (<i>watch renal function</i>)	Gabapentin 100 or 200mg PO stat: continue TDS if side effects tolerated (<i>watch renal function</i>): 3 days and review	Gabapentin 100mg PO stat: BD if side effects tolerated : <i>titrate against renal function</i> ; review regularly
Consider Dihydrocodeine 30mg PO QDS/PRN when nearing discharge		Avoid codeine based drugs
Anti-emetics: 1 st line: Ondansetron 4 – 8 mg TDS PRN PO/IV/IM; 2 nd line: Cyclizine 50mg TDS PRN PO/IV; 3 rd line: Prochlorperazine 3-6 mg BD Buccal Laxatives: Sodium Docusate 100mg BD PO Reg; Senna 2 tabs BD PO PRN https://viewer.microguide.global/BSUH		
NB: only consider <i>Tramadol</i> if advised by the Acute Pain Team (Bleep 8102 RSCH; 6468 PRH).		
Review analgesic requirements daily & prior to discharge.		