

Department of Functional Neuroscience

Discharge information for people using a Baclofen Pump

Getting ready to leave hospital

We know that when people are ready to go home they often have lots of questions. We do our best to make sure that we answer as many of these as we can whilst you are with us. This leaflet is designed to give you guidance and support. We hope that this will answer some of the most frequently asked questions but if you need more help and advice please ask your nurse or the nurse practitioner.

What to expect at home

Patients are often very tired when they return home. This may continue for about a month after surgery. If you do feel tired, try to balance resting and activity with short naps and bursts of activity. We do not recommend strenuous physical activity that may involve twisting and bending for the first month as this may affect the tubing of the pump. You may also have more difficulty moving around to begin with as your limbs may feel a little weaker.

Some patients get a headache after the surgery when they sit up; if this happens we advise you to try and rest lying down, drink plenty of fluids (not alcoholic) and take pain killers such as Paracetamol. This headache can occur because there will have been a loss of cerebral-spinal fluid (CSF) during the procedure. This is normal and your body will make CSF to replace what has been lost. Any headache should then settle after a few days.

What will happen to my wounds?

Your wounds may be uncomfortable but should not be painful. If necessary, you may take painkillers to ease the discomfort.

You will have two wounds, one on your tummy and one on your back. They will be covered with a dressing. You may wash normally from day three post surgery but wounds should not be soaked in the bath. The skin sutures will be buried beneath the skin and therefore nothing will need to be removed.

If you notice any of the following conditions you should contact your GP:

- Fluid leaking from the wound
- Redness and or swelling of the wound
- Pain from the wound

How about my pump and the refills?

You will be given an information booklet that is produced by the company that makes them. Please read it and if there is anything more that you would like to know contact the nurse practitioner on the number given at the end of the booklet. The nurse practitioner will give you a temporary ID card to carry at all times. This tells others of your implanted device so that you can be cared for safely in an emergency. Later, you will be able to get a permanent card from Medtronic, the company that make the pump.

You will be given a date to return to the clinic to have your pump programmed. After that you will have a program of checks and refills in the rehabilitation clinic. It is very important that you keep your appointments in the clinic. The pump is fitted with alarms that will alert you if it is not working or running empty. If you hear this alarm you should urgently contact the nurse practitioner or Consultant to arrange a refill. The battery of the pump should last for five to seven years. You should remember not to put hot water bottles or heat packs directly over the pump as they can interfere with the way it works.

Signs to look out for

We hope you make a good recovery but it is important that you know the signs which indicate that the pump is not working properly. If you notice any of these you should urgently contact your GP, the nurse practitioner or Mr Garnett via his secretary (telephone numbers at the end of this leaflet):

- Excessive drowsiness
- Nausea
- Dizziness
- Fits
- General weakness or light-headedness

What do I need before I go home?

- Any tablets you brought in and any new tablets we have prescribed
- ID card
- Information booklet about your pump and refills
- Belongings and valuables
- Letters for your GP and nurses
- A clinic appointment to have the pump re-programmed with Dr Kirker
- Transport to take you home

Contact details

Clinical Nurse Practitioner

Telephone: 01223 245151 Bleep 154-680

Consultant Neurosurgeon

Secretary Telephone: 01223 348434



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

Authors	Neurosciences
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 274864
Publish/Review date	December 2010/December 2013
File name	Discharge_information_for_people_using_a_baclofen_pump
Version number/Ref	2/PIN2255