

**Royal Hospital for Women (RHW)  
GUIDELINE  
COVER SHEET**



**Health**  
South Eastern Sydney  
Local Health District

T23/86716

<b>NAME OF DOCUMENT</b>	Post-operative Pain Management Guidelines Laparotomy -Benign Gynaecology (2023)
<b>TYPE OF DOCUMENT</b>	Clinical Guideline
<b>DOCUMENT NUMBER</b>	RHW GUID005
<b>DATE OF PUBLICATION</b>	22/12/23
<b>NATIONAL STANDARDS</b>	Standard 4 Medication Safety
<b>RISK RATING</b>	High
<b>REVIEW DATE</b>	December 2026
<b>FORMER REFERENCE(S)</b>	Post-operative Pain Management Guidelines Laparotomy -Benign Gynaecology (2021)
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<b>SUMMARY</b>	These guidelines are for post operative pain management of gynaecology patients undergoing benign laparotomy procedures- not to be used as a protocol, but for reference only.

**Post-operative Pain Management Guidelines  
Laparotomy -Benign Gynaecology (2023)**

**RHW GUID005**

<b>POST OPERATIVE PAIN MANAGEMENT GUIDELINES (Laparotomy - Benign Gynaecology) (2023)</b>			
<i>these guidelines are for reference only and should not be used as protocol. While consistency in prescribing minimises medication risks the Anaesthetist should use their own discretion when managing the patient's individual needs.</i>			
Timing	Medication	Dose	Notes
<b>RECOVERY</b>			
	PACU PAIN PROTOCOL	As Per CBR	
	PCA - Morphine, Fentanyl, Oxycodone, HYDROMORPHONE	As Per CBR	
	+/- IV Ketamine Infusion	As Per CBR	
<b>POST OPERATIVE</b>			
<b>Regular</b>	Paracetamol	1g q6h	
	NSAID (e.g., Ibuprofen, diclofenac or Cox2)	As recommended	> 24 hours - 72 hours (Unless contraindicated)
	Aperient e.g., Coloxyl (with Senna), Movicol, Normicol	As recommended	
<b>DO NOT PRESCRIBE SR OXYCODONE (Oxycontin)</b>			
<b>PRN</b>	Oxycodone (IR)	5-10 mg q3-4h	Start after PCA down
	+/- Tramadol (IR)	50-100mg q3-6h	Start after PCA down
	or Tapentadol	50-100mg q4-6h	Start after PCA down
	Naloxone	As per protocol	
	Antiemetic - e.g. ondansetron, Metoclopramide, cyclizine	As recommended	
<b>DISCHARGE</b>			
	Paracetamol	1 gram q6h	
	NSAID (e.g. Voltaren)	50 mg q8h	
	+/- Tramadol (IR)	50-100mg q3-4h	
	or Tapentadol IR)	50mg q6h	
	Aperient e.g. Coloxyl (with Senna), Movicol, Normicol	As recommended	
<b>DO NOT prescribe SR Opioids for Discharge</b>			
<b>Avoid prescribing oxycodone for discharge</b>			
<b>Please ensure discharge advice is provided verbally by either nurse, SRMO, APS or Pharmacy.</b>			
<b>Highlight "Pain Management after Surgery" leaflet</b>			
<b>If a review and change has been made by APS, yet adequate relief has not been obtained after one hour please contact APS on 44937 or Anaesthetist on 45253/4.</b>			

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Laparotomy -Benign Gynaecology (2023)**

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Revision	Approval History
1	Approved by District DTC on 02/11/23 Last reviewed 18/10/ 2023 by Acute Pain Services
1	Endorsed RHW Safety and Quality Committee 21/12/23