

	patch q 7 days for patients >40 kg (88 lbs.)	electrical, shooting pain Phantom limb pain	Management of withdrawal symptoms Monitor for orthostatic hypertension, decreased heart rate Sedation common
Mexiletine	2-3 mg/kg/dose PO tid, may titrate 0.5 mg/kg q 2-3 wk prn Maximum: 300 mg/dose		Similar to lidocaine, longer acting Stabilizes sodium conduction in nerve cells, reduces neuronal firing Can enhance action of opioids, antidepressants, anticonvulsants Side effects include dizziness, ataxia, nausea, vomiting May measure blood levels for toxicity

bid, Twice a day; *hs*, at bedtime; *IV*, intravenous; *NSAID*, nonsteroidal antiinflammatory drug; *PO*, by mouth; *prn*, as needed; *q*, every; *tid*, three times a day.

TABLE 5-9
Management of Opioid Side Effects

Side Effect	Adjuvant Drugs	Nonpharmacologic Techniques
Constipation	<p>Senna and docusate sodium</p> <p><i>Tablet:</i></p> <p>2 to 6 years old: Start with $\frac{1}{2}$ tablet once a day; maximum: 1 tablet twice a day</p> <p>6 to 12 years old: Start with 1 tablet once a day; maximum: 2 tablets twice a day</p> <p>>12 years old: Start with 2 tablets once a day; maximum: 4 tablets twice a day</p> <p><i>Liquid:</i></p> <p>1 month old to 1 year old: 1.25-5 ml q hs</p> <p>1 to 5 years old: 2.5-5 ml q hs</p> <p>5 to 15 years old: 5-10 ml q hs</p> <p>>15 years old: 10-25 ml q hs</p> <p>Casanthranol and docusate sodium</p> <p><i>Liquid:</i> 5-15 ml q hs</p> <p><i>Capsules:</i> 1 cap PO q hs</p> <p>Bisacodyl: PO or PR</p> <p>3 to 12 years old: 5 mg/dose/day</p> <p>>12 years old: 10-15 mg/dose/day</p> <p>Lactulose</p> <p>7.5 ml/day after breakfast</p> <p>Adult: 15-30 ml/day PO</p> <p>Mineral oil: 1-2 tsp/day PO</p> <p>Magnesium citrate</p> <p><6 years old: 2-4 ml/kg PO once</p> <p>6 to 12 years old: 100-150 ml PO once</p> <p>>12 years old: 150-300 ml PO once</p> <p>Milk of magnesia</p> <p><2 years old: 0.5 ml/kg/dose PO once</p> <p>2 to 5 years old: 5-15 ml/day PO</p> <p>6 to 12 years old: 15-30 ml PO once</p> <p>>12 years old: 30-60 ml PO once</p>	<p>Increase water intake</p> <p>Prune juice, bran cereal, vegetables</p> <p>Exercise</p>
Sedation	Caffeine: Single dose of 1-1.5 mg PO	Caffeinated drinks