OUTPATIENT LIDOCAINE SPINAL PROTOCOL

- For cases of approximately 1 hour duration.
- Recovery will be approximately 2.5 hours.

1. 1 ml 5% spinal lidocaine (50mg)
2. 2 ml distilled H2O
3. 2 ml 10% dextrose (out of the ______ package)

Inject all 5 ml.

Sensory to L1 lasts about 85 minutes.
S2 recovery usually takes about 2 hours of recovery.
Voiding usually occurs after about 2.5 hours of recovery.

We have observed

- 2 % incidence of TRI, but most patients are on NSAIDS which may help to keep the incidence low.
- Suggest that you use something else if patients cannot take NSAIDS or if surgery will be done in lithotomy.
- Alternatives: Bupivicaine 7.5 mg with or without Fentanyl, 20 ug. The motor block is frequently poor, and return of bladder function is somewhat slower, but is probably alright for gyne surgery or cystos which don’t typically require motor blocks. The block height is also quite low sometimes i.e. about T-10. It might be improved by adding about 2 ml of 10% dextrose.