

A Patient Guide to Remodulin Site Management at the University of Rochester PAH Program

Most patients experience some degree of redness, swelling and pain after inserting a new Remodulin site; this is a reaction to the medication and will go away with time (2–7 days). Our experience has been that using a *combination of medication and non-medication tools* can significantly reduce the intensity and duration of pain.

Non medication tools to protect your site and prevent pain	Over-the-counter medications to decrease inflammation: <i><u>start 24 hours before hooking up a new site</u></i> and use regularly until painful redness subsides	Prescription medications to control pain
Do not move the site unless a quiet site starts to drain or becomes sore; sites may be safely left in place for weeks and months.	Zyrtec or Claritin 1 tablet by mouth daily	PLO gel; apply to reddened skin around site 3–4 times a day. Some patients find this useful, some do not.
Be choosy: pick your new site location when you are sitting up to avoid placing in the folds of your belly or at the waistband of your pants.	Zantac or Pepcid by mouth twice a day	Hydrocodone/APAP 1 or 2 tablets by mouth every 4–6 hours as needed for pain; contains Acetaminophen.
Plan ahead: place a “dry site” insert if you think your site will need changing in the next couple of days. Wait at least 24 hours before hooking the new site up to your pump.	Ibuprofen (Motrin, Advil) 1 or 2 tablets three times a day taken after a meal . Please contact our office to discuss using Ibuprofen as it’s not safe for everyone.	If Hydrocodone/APAP does not control pain, contact our office to discuss other prescription narcotic options. We sometimes use morphine or diluadid.
Consider placing your new site nearby your old site location; this is helpful for some patients.	Apply ice pack directly to site or to skin above site frequently (3–4 times a day.)	Elidel 1% ointment: apply to painful redness twice a day as needed.
Anchor your site with steri-strips or duoderm. Tape down your tubing to prevent it from being dislodged.		
Thread tubing under your shirt and tuck your pump in your bra or shirt pocket during the day.		
Protect your site with padding placed over your dressing. Keep your site dry when you shower.		
Change your dressing only when soiled or wet; use a split dressing so that dressing can be left in place when you change tubing.		

We want you to succeed with Remodulin!