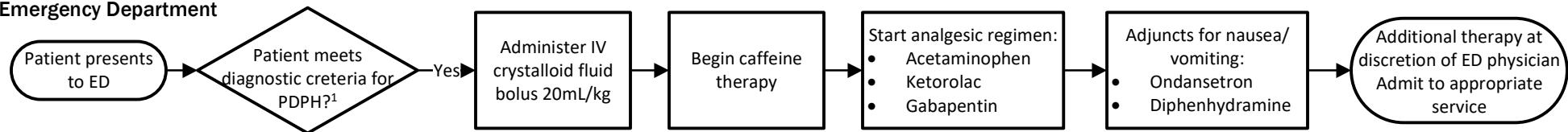


Post-Dural Puncture Headache Management

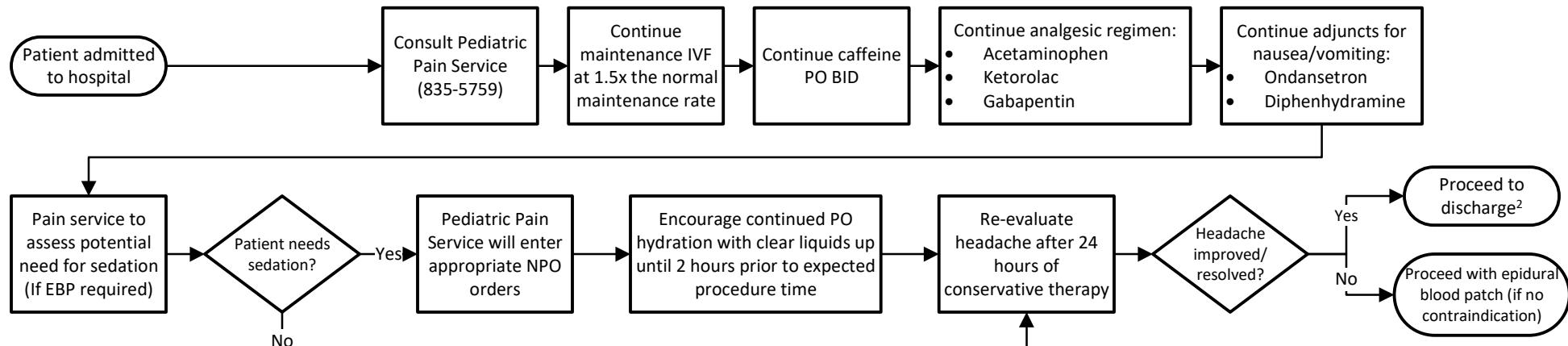
ED/ Inpatient Management

Clinical Practice Guidelines

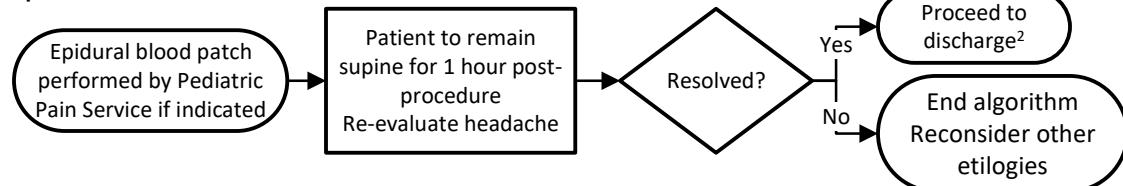
Emergency Department



Inpatient Admission



Epidural Blood Patch



Diagnostic criteria for PDPH¹

Strongly consider PDPH if the following are true:

- A. Dural puncture has been performed
- B. Headache develops within 5 days after dural puncture
- C. Headache that worsens within 15 minutes after sitting or standing & improves within 15 minutes after lying, and is associated with at least one of the following:

- Neck stiffness
- Tinnitus
- Hypacusia
- Photophobia
- Nausea

¹*Criteria for PDPH based on the International Headache Society criteria

Discharge²

- Conservative treatment:
 - Acetaminophen x3 days then PRN
 - Ibuprofen x3 days then PRN
 - Gabapentin x3 days
 - Continue PO hydration
- Epidural blood patch:
 - Acetaminophen PRN
 - Ibuprofen PRN
 - Continue PO hydration
 - Follow up phone call post-discharge day 1 by Pediatric Pain Service

Recommended Dosing Guidelines

- Caffeine:
 - If $\geq 40\text{kg}$: 200mg PO BID
 - If $< 40\text{kg}$ and $\geq 20\text{kg}$: 100mg PO BID
 - If unable to take PO: one time dose of IV caffeine sodium benzoate 10mg/kg (max dose 500mg)
- Acetaminophen:
 - If $> 65\text{kg}$: 1000mg PO q6h x 24h; then 1000mg q8h
 - If $> 50\text{kg}$ but $\leq 65\text{kg}$: 650mg PO q6h
 - If $< 35\text{kg}$ but $\leq 50\text{kg}$: 500mg PO q6h
 - If $\leq 35\text{kg}$: 15mg/kg liquid PO q6h (not to exceed 500mg)
- Ketorolac x 24 hours
 - If $\geq 60\text{kg}$: 30mg IV q6h
 - If $< 60\text{kg}$: 0.5mg/kg IV q6h
- Ibuprofen (after first 24 hours)
 - 10mg/kg PO q6h (max dose 400mg)
 - Gabapentin
 - If $\geq 50\text{kg}$: 300 mg capsule PO q8h
 - If $> 40\text{kg}$ but $< 50\text{kg}$: 200mg capsule PO q8h
 - If $\leq 40\text{kg}$: 5mg/kg solution PO q8h (gabapentin solution is 50 mg/ml)
- Ondansetron
 - 0.1mg/kg IV q6h PRN nausea (max dose 4mg)
- Diphenhydramine
 - 1.25mg/kg IV q6h PRN nausea (max dose 25mg)

Please contact the Pediatric Pain Service for questions: 835-5759