



**Wrightington, Wigan and
Leigh Teaching Hospitals**
NHS Foundation Trust

Epidurals for pain-Easy Read

Epidurals for Pain

An epidural is a safe way to make pain go away after your operation.

How an Epidural Works:

- A plastic tube is put into your back.
- An epidural filter will be put on the front of your body.
- The tube is attached to a yellow pump.

The pump puts pain medicine into your body through the tube in your back. The pump works on its own. You do not have to do anything. The medicine will help to make the pain go away.

Jill is in Pain

The medicine helps Jill.

Your Nurse's Role:

- Your nurse will check that your epidural is working okay.
- **Cold Test:** They will put something cold on your skin and ask if you can feel the cold.
- The nurse will ask if you are in pain. *Does it hurt?*
- The nurse will ask you to move your arms and legs. They will ask if your arms and legs feel okay.

If You Are in Pain:

- If you are in pain, need help, or feel itchy, tell the nurse. They will help you.

Pain Scale:

No pain: 0

Some pain

Bad pain

Very bad pain: 1 2 3

Communicating Pain:

You may not be able to tell us that you are in pain. Some people show they are in pain by how they behave:

- They may get upset
- They may go quiet
- They may be noisy

Your supporters can tell us how to notice that you are in pain. They can write in the box below.

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