

This information was up to date at the time of release to the Heads of Midwifery.

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Updating arrangements for the formulary should be decided upon and implemented at a local level.

Lidocaine for perineum	
Legal status (GSL, P or POM on exemption list, or PGD)	<ul style="list-style-type: none">▪ POM - midwife may administer as medicine is on midwives exemptions list
Patient group	Women requiring an episiotomy or requiring perineal suturing after delivery.
Clinical indication	Infiltration anaesthesia of perineum.
Pharmacology (Onset and duration of action where appropriate)	<p>It is an amide type local anaesthetic which inhibits the ionic reflexes required for the initiation and conduction of impulses, thereby stabilising the neuronal membrane and preventing pain signals being sent to the brain.</p> <p>It has important effects on the central nervous system and cardiovascular system seen if accidentally administered intravenously or in overdose.</p> <p>It has a rapid onset of action and anaesthesia is obtained within a few minutes.</p>
Pharmaceutical form, strength, route of administration	<p>Lidocaine Injection BP 1% w/v (10mg lidocaine hydrochloride per ml).</p> <p>For intracutaneous, subcutaneous and intramuscular infiltration anaesthesia to the wound area.</p> <p>Episiotomy- beneath the skin.</p> <p>Repair - in to area under wound edges.</p>
Dose, frequency and maximum number of doses or period of time for administration or supply	<p>5ml -10ml of lidocaine 1% (50mg) for infiltration prior to episiotomy followed by 10-15ml of lidocaine 1% (150mg) for the subsequent repair.</p> <p>Maximum volume of 20ml of lidocaine1% (200mg) between the episiotomy and repair.</p> <p>or</p> <p>Up to 20ml of lidocaine1% (200mg) for repair of spontaneous perineal trauma, divided between sites to be repaired.</p>
Contra-indications/exclusion criteria	<ul style="list-style-type: none">▪ known hypersensitivity to lidocaine or other local anaesthetics of the amide type▪ complete heart block▪ hypovolaemia

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<p>Cautions and action that will be taken if a caution applies</p>	<ul style="list-style-type: none"> ▪ epilepsy, myasthenia gravis, cardiac conduction disturbances, congestive heart failure, bradycardia or impaired respiratory function and impaired hepatic function ▪ the effect of local anaesthetics may be reduced if the injection is made into an inflamed or infected area ▪ check for and document any allergies ▪ check and document past medical and drug history and current medication to ascertain potential for overdose ▪ if a caution applies consult with a doctor ▪ document consultation in maternity record
<p>Medicine interactions and action that will be taken if a patient is taking a medicine that may interact</p>	<ul style="list-style-type: none"> ▪ cimetidine and beta-adrenoceptor blocking agents can impair the metabolism of lidocaine which has been absorbed into the circulation - this is unlikely to be significant for these indications ▪ if there is a clinically significant drug interaction, consult with a doctor before administration or supply ▪ document consultation in maternity record ▪ refer to current BNF for latest information on interactions
<p>Potential adverse reactions and side effects including actions to be taken if adverse medicine reaction is suspected</p>	<ul style="list-style-type: none"> ▪ <i>allergic reactions are extremely rare but may be characterised by cutaneous lesions, urticaria, oedema or anaphylactoid reactions</i> ▪ <i>systemic reactions are rare when given by infiltration locally - if present these are usually associated with excessively high blood concentrations due to error in administration technique which has resulted in intravenous injection, excessive dosage, rapid absorption or occasionally to hypersensitivity, idiosyncrasy or diminished tolerance on the part of the patient. If systemic effects occur, they involve the central nervous system (nervousness, dizziness, blurred vision and tremors, which may precede drowsiness, convulsions, unconsciousness and possible respiratory arrest) and or cardiovascular system (hypotension, myocardial depression, bradycardia and possible cardiac arrest).</i> ▪ <i>on labour</i> <i>Nil</i> ▪ <i>on the neonate</i> <i>Lidocaine given by local perineal infiltration prior to delivery crosses rapidly into the foetal circulation. Elevated lidocaine levels may persist in the newborn for at least 48 hours after delivery. Foetal bradycardia or neonatal bradycardia, hypotonia or respiratory depression may occur.</i> ▪ <i>on breast feeding</i> <i>Nil for this indication</i> ▪ <i>if a serious adverse reaction is suspected please report to the MHRA Yellow Card Scheme http://yellowcard.mhra.gov.uk/</i>

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Overdose	<ul style="list-style-type: none">▪ Central nervous system toxicity; paraesthesia around the mouth, numbness of the tongue, light-headedness, over sensitivity to sounds and tinnitus. Visual disturbances and muscular tremors or muscle twitching and precede the onset of generalised convulsions. Hypoxia and hypercapnia occur rapidly following convulsions. In severe cases, apnoea may occur. Acidosis increases the toxic effects of local anaesthetics▪ In severe cases hypotension, bradycardia, arrhythmia and cardiac arrest may occur.▪ Redistribution of the local anaesthetic drug from the central nervous system and metabolism results in recovery, and may be rapid unless large amounts of the drug have been injected.▪ immediate assessment/treatment is essential - refer to medical staff▪ manage in accordance with established treatment guidelines or see BNF overdose section▪ for further advice contact National Poisons Centre 0344 892 0111
Action if patient declines	<ul style="list-style-type: none">▪ refer to authorised prescriber or doctor▪ document in maternity record
Additional advice and information	<ul style="list-style-type: none">▪ advise to contact midwife/GP if condition worsens or symptoms persist▪ supply the manufacturer's patient information leaflet if requested
Patient monitoring arrangements during and after treatment and follow-up required	If analgesia is inadequate, refer to a doctor.
Particular storage requirements	-
References <ol style="list-style-type: none">1. Summary of Product Characteristics Lidocaine HCl 1% injection (HamelN). Text revision 15.6.2015. Accessed 30.12.2019 http://www.medicines.org.uk2. http://www.bnf.org	