Comparison of recovery after surgery between opioid versus opioid-free anaesthesia for elective laparoscopic abdominal surgery

Post-operative pain management for all patients

Table S1: Post-Operative Pain Assessment in Post Anaesthetic Recovery Unit (PACU).

| PACU Patient Assessment |
|--------------------------|
| Wait for patient to wake |
| Subjective and objective assessment |
| Assess comfort, ask: |
| “are you comfortable”, “can you take a deep breath”, “would you take pain relief for this at home” |
| Pain protocol if required as below |

Table S2: Post-Operative Pain Management in Post Anaesthetic Recovery Unit (PACU).

| Standard Recovery Protocol |
|-----------------------------|
| Contraindications: Sedation score ≥ 2 |
| Respiratory rate < 8/min |
| Blood pressure < 80% of pre-operative reading |
| Allergy to specific opioid in question |

| Morphine Pain Protocol OR Fentanyl Pain Protocol |
|-----------------------------------------------|
| Medication | Strength after dilution with 10 mls of 0.9% Sodium Chloride | Dose | Frequency | Route |
|------------------|-------------------------------------------------|--------|-----------|-------|
| Morphine 10mg | 1 mg per millilitre | | As per protocol | As per protocol | IV |
| Fentanyl 100 micrograms | 10 micrograms per millilitre | | | |

Assess degree of pain and review analgesia

Wait 3 minutes

Mild pain (3-5)

Give 1-2 millilitres (mls) IV

Wait 3 minutes

Moderate pain (6-8)

Give 2-4 millilitres (mls) IV

Wait 3 minutes

Severe pain (9-10)

Give 3-5 millilitres (mls) IV

Wait 3 minutes

If no response after 10 millilitres (mls) of prescribed opioid, contact anaesthetist
Table S3: Pain Management on Discharge from Hospital.

| Standard Discharge Medications                                      |
|---------------------------------------------------------------------|
| Paracetamol 1 gram QID for 5 days                                   |
| Celebrex 200 mg BD for 5 days                                      |
| Tramadol 50 mg IR (one to two tablets) every 6 hours as required for moderate to severe pain (10 tablets) OR |
| Oxycodone 5 mg to 10 mg (one to two tablets) every 6 hours as required for moderate to severe pain (10 tablets) |