



## **PROTOCOL FOR PAIN FLARES IN ADHESIVE ARACHNOIDITIS (AA)**

Pain flares in AA can range from mild to severe and last from about two days to several weeks. Inflammation surges are the usual cause of flares, and the cause of flares may or may not be related to any type of stress, autoimmunity, infection, or allergy.

At Home Medications: All persons with AA should have an “at home” supply of emergency medications for urgent use.

Medical Measures: For mild to moderate flares use methylprednisolone (Medrol®) 6-day dose pak.

### Severe Flares:

1. Methylprednisolone (Medrol®) 10 to 20 mg IM  
And/or
2. Ketorolac (Toradol®) 15 to 30 mg IM

Option for severe pain: Hydromorphone\*, 50 mg sub cu for severe pain, repeat every 4 to 6 hours to break flare

Special Formula Hydromorphone: A new special formula hydromorphone is available for persons with AA and other painful conditions that may have severe flares. The formulation is 50 mg per ml, so a 5.0 mg dosage only requires 0.1cc. The medication is injected just under the skin (sub cu) by an allergy or insulin syringe. This medication is obtained from:

**ANAZAO HEALTH**  
5710 Hoover Blvd  
Tampa, FL 33634  
Ph: 813-882-4500  
Ph: 800-995-4363  
Website: [www.anazohealth.com](http://www.anazohealth.com)

This medication can be taken every 4 to 6 hours to stop pain flares.

*Disclaimer: Protocols published by Arachnoiditis Hope do not claim clinical effectiveness or absence of side effect or complications. Protocols are published as a public service for voluntary use by medical practitioners.*

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