Pre-operative Non-Narcotic Analgesia Decreases the Use of Postoperative Narcotics

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Topic: Quality & Healthcare systems

Objectives
Overprescribing of opioids is contributing to opioid use disorders, abuse, and misuse. Multimodal pain control regimens can decrease opioid use. We investigated the effect of non-narcotic analgesia within an Enhanced Recovery After Surgery (ERAS) protocol on the 30-day postoperative opioid use for patients undergoing hysterectomy for oncologic indications to better inform prescribing practices.

Methods
A prospective cohort study was conducted of women who underwent a minimally invasive hysterectomy for oncologic indications. Data collected included demographic, clinicopathologic, and treatment factors. Patients completed a telephone survey regarding medication use and pain control during the first 7 days after surgery. The Texas Prescription Monitoring Program was also reviewed for additional narcotic prescriptions through 30 days after surgery. A Zero-Inflated Poisson model was used to evaluate risk factors for opioid use after discharge.

Results
254 patients who underwent a minimally invasive hysterectomy for oncologic indications from July 2020-November 2021 were identified; eligible patients were called regarding prescription adherence and opioid use over the first week postoperatively. 72 patients answered the survey and were eligible for inclusion. The median age at surgery was 59 (range 32-85), with a median BMI of 29.0 kg/m2 (range 13.3-72.1 kg/m2). Average OME use after discharge was 33.3 MME (range 0-150, median 15 MME), which is equal to 4.4 tabs of oxycodone 5mg. 24 patients (33.3%) used no opioids after discharge. The use of pre-operative non-narcotic analgesia (acetaminophen and/or gabapentin) was associated with an 11.4% decrease in the amount of opioid (oxycodone) used after discharge (p<0.05).

Conclusions
Patients use significantly fewer morphine milligram equivalents (MME) after minimally invasive hysterectomy for oncologic indications when preoperative non-narcotics are used.