APPENDIX 1

Standardised anaesthesia protocol for SUBLIME trial participants

Pre-op:
No specific premedication

Peri-op:
Paracetamol 1g IV
Ondansetron 4mg IV
Dexamethasone 3.3mg (+/- 0.1mg)* IV unless clinically contraindicated
Intubation and ventilation at anaesthetist’s discretion - with muscle relaxant of anaesthetist’s choice
Sevoflurane in air: depth of anaesthesia at anaesthetist’s discretion
Fentanyl: 3-6 mcg/kg IV during surgery
Fluids: at anaesthetist’s discretion
All other non-opiate and non-anti-emet drugs: at anaesthetist’s discretion

Post-op:
IV rescue morphine in recovery unit, 2mg increments
IV morphine PCA, 1mg bolus, 5 minute lockout
Paracetamol 1g 6-hourly orally
Ibuprofen 400mg 8-hourly orally unless contraindicated
PRN: ondansetron 4mg (IV) 8-hrly and cyclizine 50mg (IV) 8-hrly

*Dexamethasone concentration differs between manufacturers and is typically available as 8mg dexamethasone in 2mls (4mg/ml dexamethasone) or as dexamethasome phosphate 4mg/ml (equivalent to 3.3mg/ml dexamethasone). Either preparation is acceptable i.e. 1ml of 4mg/ml dexamethasone phosphate (3.3mg dexamethasone) or 0.8ml of 4mg/ml dexamethasone (3.2mg dexamethasone).