Medicines used to manage pain

Consumer medicine information

This brochure contains some information on the medicines you may have been prescribed to manage pain either in hospital or on discharge. Please talk to your doctor or pharmacist if you would like more information on a specific medicine. Medicines are labelled with both the active ingredient (listed below) and the brand name. Always check the active ingredient of medicines to ensure you are not taking duplicate medication.

The medicines you have been prescribed are highlighted below:

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paracetamol</td>
<td>Used for mild to moderate pain. Can reduce fever. Do not exceed eight tablets containing 500mg paracetamol in 24 hours.</td>
</tr>
<tr>
<td>Paracetamol 500mg with Codeine 30mg</td>
<td>Do not take codeine containing products whilst breastfeeding. Used for moderate to strong pain. Do not exceed eight tablets containing 500mg paracetamol in 24 hours.</td>
</tr>
<tr>
<td>NSAIDs (Anti-Inflammatories): Celecoxib, Indomethacin, Diclofenac, Naproxen, Ibuprofen, Others</td>
<td>Used for inflammatory pain. Take with or after food.</td>
</tr>
<tr>
<td>Pregabalin</td>
<td>Used for nerve pain. May cause drowsiness and dizziness.</td>
</tr>
<tr>
<td>Tramadol</td>
<td>Immediate Release Capsules Used for moderate to strong pain. Do not exceed a total of 400mg Tramadol in 24 hours at home. Dose may be higher in hospital. Swallow modified release tablets whole, do not chew or crush.</td>
</tr>
<tr>
<td>Modified Release Tablets</td>
<td></td>
</tr>
<tr>
<td>Oxycodone</td>
<td>Immediate Release Capsules Used for strong pain. Swallow modified release tablets whole with a full glass of water, do not chew or crush.</td>
</tr>
<tr>
<td>Modified Release Tablets</td>
<td></td>
</tr>
<tr>
<td>Oxycodone/ Naloxone</td>
<td>Modified Release Tablets Used for strong pain. Naloxone helps to minimise side effects such as constipation. Swallow whole, do not chew or crush.</td>
</tr>
<tr>
<td>Tapentadol</td>
<td>Modified Release Tablets Used for moderate to strong pain. May cause drowsiness. Swallow whole, do not chew or crush.</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>Sublingual Tablets Place tablet under the tongue and keep in place until dissolved. Do not chew or swallow the tablet.</td>
</tr>
<tr>
<td>Others</td>
<td></td>
</tr>
</tbody>
</table>

Before taking your medication

Do not use the medicine if:

► You are allergic to any of the ingredients in the medicine
► The medicine has passed the expiry date that is printed on the pack
Tell your doctor if:

► You drink alcohol regularly
► You have lung, liver or kidney problems or stomach pain
► You take any other medicines regularly including herbal or complementary medicines

Some of the medicines used for pain management, particularly Tramadol, may interact with other medicines such as antidepressants, causing unwanted effects.

How to take your medicine

The pharmacy labels on the pack tell you how to take the medicine and how often. Do not take more than the amount written on the label or more than the maximum recommended dose each day.

If you forget to take your medicine

If you miss a dose, take it as soon as you remember. If it is nearly time for your next dose, do not take the missed dose but take the next due dose. Do not take a double dose.

If you take too much

Telephone your doctor or the Poisons Information Line on 13 11 26 for advice or go to the emergency department at your nearest hospital.

Side effects

► Stomach problems such as nausea, vomiting, heartburn, or pain.
► Constipation may be caused by medicines containing codeine or oxycodone.
► Drowsiness or dizziness. If affected do not drive or operate machinery.
► The sedative effects of alcohol may be increased.

Other side effects may occur that are not listed. Report to your doctor if you experience unexpected symptoms or feel unwell.

If you have any difficulties managing your pain with the medications, do not increase the dose but contact your doctor.

Breastfeeding

Most of these medications can be taken safely by a mother who is breastfeeding in the doses prescribed by your doctor. Do not take codeine containing products whilst breastfeeding.

Contact your doctor or the Obstetric Medicines Information Service at King Edward Memorial Hospital on (08) 6458 2723 if you have any questions about medicines and breastfeeding.

Pregnancy

Most pain-management medicines are safe to take in pregnancy in the doses prescribed by your doctor. However, do not take anti-inflammatory medications (including topical preparations) such as Ibuprofen, Celecoxib, Naproxen, Diclofenac, and Mefenamic Acid during pregnancy.

Contact your doctor or the Obstetric Medicines Information Service at King Edward Memorial Hospital on (08) 6458 2723 if you have any questions about medicines and pregnancy.

Storage

Store medicines in their original pack in a cool dry place. Keep all medicines where they cannot be reached by children.

If your doctor tells you to stop taking the medicine, or the expiry date of the medicine is passed, ask your pharmacist what to do with the leftover medicine.

This information is general in nature and designed for use as an education aid only. It does not cover all possible uses, actions, precautions, side effects, contraindications or interactions of this medicine.

Useful links

► mothertobaby.org/fact-sheets-parent/
► lactmed.nlm.nih.gov

Disclaimer: The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.