

## INSTRUCTIONS FOR YOUR PAIN MEDICATIONS

Using pain medications at regular times works best to control pain and prevent it from becoming severe.

	Medication	Time of day					Caution
		Breakfast	Lunch	Afternoon Tea	Dinner	Bedtime	
<b>STEP 1</b>	<b>Paracetamol 500mg</b> (Panadol, Herron, Panamax)	2 tablets	2 tablets	-	2 tablets	2 tablets	<b>Daily limit: 8 tablets</b>
<b>STEP 2</b>  If pain not controlled with <u>regular</u> paracetamol	<p><i>Doctor to circle best choice for you:</i></p> <p style="text-align: center;"><u>Only ONE of:</u></p> <p style="text-align: center;"><b>Ibuprofen 200mg</b> (Nurofen, Advil, Panafen, Herron Blue, Rafen)</p> <p style="text-align: center;"><b>Diclofenac 25mg*</b> (Voltaren, Fenac, Clonac)</p> <p style="text-align: center;"><b>Indomethacin 25mg*</b> (Indocid, Arthrexin)</p> <p style="text-align: center;">*Requires script</p>	_____ tablet/s	-	_____ tablet/s	-	_____ tablet/s	<p><b>Daily limit: 6 tablets</b></p> <p style="text-align: center;">Take with food</p> <p>Stop taking and see your doctor if you develop a</p> <ul style="list-style-type: none"> <li>- Rash</li> <li>- Wheeze</li> <li>- Difficulty breathing, or</li> <li>- Abdominal pain</li> </ul> <p>Do not use Voltaren gel or similar products while you are taking this medication</p>
<b>STEP 3</b>  If pain still not controlled with <u>regular</u> paracetamol and <u>regular</u> ibuprofen	<p><b>Oxycodone 5mg*</b> (Endone, Oxynorm)</p> <p style="text-align: center;">*Requires script</p>	Take _____ up to _____ times per day as required					<b>See reverse for more detail</b>
<b>OTHER</b>  Other medication prescribed by your doctor	<i>Doctor to complete:</i>						

Please follow this plan for 3 days only, and see your GP if your pain does not improve or gets worse.

## How well will the pain-killers work?

Many different things affect how well your pain is treated with pain-killers.

There are some things you can do to help get the most out of your pain-killers:

- Use your pain-killers at regular times. Missing a dose can make your pain become worse and harder to treat later on.
- Use the combination of pain-killers suggested by your doctor. Often one pain-killer is not expected to do all the work by itself.
- Don't expect to have NO pain. Having some pain is normal.
- Allow yourself time to rest and get better.

## Side Effects

All medications have side-effects.

Some side-effects can be common or uncommon, mild or serious.

To avoid serious side-effects

- Do NOT take more than the maximum number of tablets per day
- Follow the 'Caution' box next to your medication in the table
- Follow any advice or warnings on the box

## Oxycodone

Oxycodone (Endone or Oxynorm) is a strong pain killer.

Addiction is possible if not used properly.

It should only be used when other pain-killers have not worked well enough. If this happens, you should continue the other pain-killers and **ADD** oxycodone.

To avoid serious side-effects and reduce the risk of addiction:

- Do NOT drive
- Do NOT use sleeping tablets or alcohol
- Do NOT take it for more than 3 days
- Do NOT use if your pain is well treated with the other tablets
- Do NOT stop the other pain-killers and take oxycodone by itself
- Do NOT keep any left-over tablets for use at another time or for a friend or relative

If you have concerns, or think you will have trouble following this advice, please talk to your doctor about another medication.