

## Pain Medications for Adults

Pain that is constant or frequent is best treated with regular pain killers. Rather than taking pain killers just when the pain is really bad, it can be easier to control the pain by taking a pain medication several times a day.

Pain	Medication	Brand names	Breakfast	Lunch	Afternoon Tea	Dinner	Before Bed	Maximum per day	Other
<b>Mild</b>	Paracetamol 500mg	Panadol/Panamax Panadeine <sup>+</sup> /Codalgin <sup>+</sup>	2	2	-	2	2	8 tablets	<sup>+</sup> Contains codeine
<b>Medium</b>  ... ADD	Ibuprofen <b>200mg</b>	Nurofen/Nurofen Plus <sup>+</sup> Advil/Herron Blue	2	-	2	-	2	6 tablets	Please stop if you develop - Rash - Wheeze - Difficulty breathing - Upper abdominal pain  <sup>+</sup> Contains codeine
	--- OR ---  Ibuprofen <b>400mg</b>	--- OR ---  Brufen from hospital	1	-	1	-	1	3 tablets	
<b>Severe</b>  ... ADD	Oxycodone 5mg	Endone* Oxynorm*	Take ____ tablet up to ____ times per day as needed for severe pain					__ tablets	

\*You will need a script for these medications

### Notes:

- 1) Do not take more than the maximum number of tablets per day.
- 2) Do not combine two different medications containing codeine<sup>+</sup>
- 3) Codeine and oxycodone can cause constipation, nausea and drowsiness
  - a. Do not drive or operate heavy machinery whilst using these.
  - b. Do you use if you have severe obstructive sleep apnoea.

### See your doctor if:

- You develop a rash, wheeze or difficulty breathing, or upper abdominal pain
- You have used the medications above, and still have severe pain
- Your pain does not seem better after 3 days

(Advice to medical officer providing handout – please cross-out medications that are contra-indicated for your patient, and annotate doses where required.)