

As with most medication there are side effects

- With the exception of Paracetamol and NSAIDs, it is advisable not to use any heavy machinery while using pain medications as they can cause drowsiness.
- Caution with driving as can cause drowsiness.
- If you note any major side effects please contact your GP or local pharmacist.
- **Please note:** that nausea, constipation and itching are very common side effects and are easily treated.
- **Please note:** while taking opioid pain medication and/or gabapentoids (Gabapentin / Pregabalin), drinking alcohol may cause drowsiness.

Please ensure you come off your medication gradually with advice from your GP and / or consultant.

Last dose given in hospital:

_____ (dosage)

_____ (medication)

Given at _____ (time)

on _____ (date)

_____ (ward)

Further information

If you have any queries or concerns regarding these medications please contact: your GP or local pharmacist.

If you have been discharged in the last 24 hours and are unsure about your medications contact the ward you were discharged from for further advice.

The Pain Management Unit on:
0118 322 8261 (Mon-Fri 8am-4pm).

Ward name/number: _____

More information is available on the Trust website: www.royalberkshire.nhs.uk

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This leaflet can be made available in other languages and formats on request.

Pain Management Unit, July 2017
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Royal Berkshire
NHS Foundation Trust

Pain relief (analgesia) on leaving hospital after orthopaedic surgery

Information for patients,
relatives and carers

You have been started on medication to assist with pain following your orthopaedic surgery.

Your ward nurse will highlight which medication you are on.

Always follow the dosage instructions – short-term use of analgesia is generally beneficial and safe when used appropriately.

Paracetamol

- Is a simple painkiller.
- Helps your body to be less aware of your pain.
- If you weigh above 50kg (7.8 stone) you can take 1g (two 500mg tablets) four times a day.
- Side effects are very rare; a rash can sometimes develop.
- If you have had problems with paracetamol in the past please inform your nurse.

Non-steroidal anti-inflammatories (NSAIDs) (Ibuprofen, Naproxen, Diclofenac)

- Is a mild painkiller.
- Helps to block the pain and swelling (inflammation) caused as a result of your surgery.

- Only take this medication if your orthopedic consultant has agreed.
- Ibuprofen: normally take 200-400mg three times daily - maximum dose 1200mg daily.
- Naproxen: normally take 250mg up to four times daily or 500mg twice daily.
- Diclofenac: normally take 50mg three times daily.
- If you have had a gastric ulcer, gastric irritation, asthma or renal failure or have had problems with any anti-inflammatory medication in the past, please inform your nurse or doctor.

Tramadol

- Is a mild painkiller.
- Is known as an opioid analgesic although is slightly different from normal opioids.
- Helps your body by interacting with opioid receptors which can block/disrupt pain signals.
- Normally take 50-100mg four times daily.
- If you have suffered from epilepsy in the past or have noticed side effects in the past please inform your nurse or doctor.
- If you are on blood thinners (Warfarin) or on an SSRI anti-depressant (such as Cipramil, Prozac, Seroxat or Lustral) please inform your nurse or doctor.

Codeine

- Is a mild pain killer.
- Is an opioid analgesic.

- Your body converts the codeine into morphine which can block/disrupt the pain signals.
- Normally take 30-60mg four times a day.
- If you have suffered side effects from codeine please inform your nurse. Constipation and sickness/ vomiting are easily treated.

Gabapentin

- Is used for neuropathic pain for patients on an enhanced recovery programme.
- It changes the way the nerves send messages to the spine which helps reduce the amount of pain felt.
- It also has an opiate sparing element which can reduce the amount of opiate needed.
- There are many ways to take this medication, please takemg times a day.

Pregabalin/Lyrica

- Is used for neuropathic pain for patients on an enhanced recovery programme .
- It changes the way the nerves send messages to the spine which helps reduce the pain.
- It also has an opiate sparing element which can reduce the amount of opiate needed.
- There are many ways to take this medication, please takemg times a day.