

## Controlling your pain on discharge from hospital



*Acute Pain Team & Pharmacy*

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at [feedback@rothgen.nhs.uk](mailto:feedback@rothgen.nhs.uk)

#### Slovak

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

#### Slovensky

#### Kurdish Sorani

كوردی سۆرائی  
نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی ھەبێت یۆ نەوێ لەم بەلگەنامە بە تێبگات یان بێخۆتێنتەو، تکایە پەیوەندیمان پێوە بکە لەسەر نەو ژمارەییە سەرھوددا یان بەو نێمەیلە.

#### Arabic

عربي  
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

#### Urdu

أردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کی سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

#### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email [patientinformation@rothgen.nhs.uk](mailto:patientinformation@rothgen.nhs.uk)

### **Will I have pain after discharge from hospital?**

Each person's experience of pain is personal and different, even after the same operation or illness. It is impossible to predict the level of pain you will experience. It may not be possible to completely get rid of your pain, but we will give you painkillers on discharge to keep you comfortable.

### **What painkillers will I take after discharge from hospital?**

You will most likely be given one or more of the following painkillers to take home with you. It is important that you read the directions on the packet which are specifically for you.

### Paracetamol

Paracetamol is a very useful painkiller. Regular paracetamol will reduce how much of the stronger painkillers you will need. The maximum dose is two 500mg tablets 4 times a day. There should be at least 4 hours between each dose. It is important not to take any other medicines containing paracetamol, please ask the pharmacist before purchasing over the counter drugs.

### Side effects

It is unusual for people to get side effects from paracetamol.

### Nefopam (also known as Acupan)

Nefopam is used for moderate to severe pain. It can be taken every 6 to 8 hours, but no more than 9 tablets in 24 hours.

### Side effects

The most common side effects are:

- Light headedness
- Dry mouth
- Sometimes slight nausea

### Tramadol

Tramadol is used for moderate to severe pain. It can be taken every 4 to 6 hours, but no more than 4 doses in 24 hours. The maximum single dose is 2 capsules, or 100mg.

### Side effects

The most common side effects are:

- Light headedness
- Drowsiness
- Occasional mild constipation
- Sometimes slight nausea

### Codeine

Codeine is also used for moderate to severe pain. It can be taken every 4 to 6 hours, but no more than 8 tablets in 24 hours. The maximum single dose is 2 tablets, or 60mg.

### Side effects

The most common side effects are:

- Light headedness
- Drowsiness
- Constipation
- Sometimes slight nausea

### Co-codamol

Co-codamol is a combination of codeine and paracetamol. There are two strengths of co-codamol, the stronger (30/500) is also known as Tylex, Solpadol or Kapake. Co-codamol 30/500 is used for moderate to severe pain and co-codamol 8/500 is used for mild to moderate pain, both can be taken every 4 to 6 hours, but no more than 4 doses in 24 hours. The maximum single dose is two tablets.

### Side effects

Side effects are the same as paracetamol or codeine identified previously.

### Dihydrocodeine

Dihydrocodeine is also used for moderate to severe pain. It can be taken every 4 to 6 hours, but no more than 8 tablets in 24 hours. The maximum single dose is 2 tablets, or 60mg.

### Side effects

The most common side effects are:

- Light headedness
- Drowsiness
- Constipation
- Sometimes slight nausea

## **Morphine (Oral Morphine Solution) also known as Oramorph**

Morphine is used for moderate to severe pain. Morphine solution is usually used in addition to other painkillers when needed, for pain in between doses. For dose follow the instructions on the bottle.

### **Side effects**

The most common side effects are:

- Light headedness
- Drowsiness
- Constipation
- Sometimes slight nausea

A common worry people have about morphine is addiction. You will not become addicted to morphine if you are taking it for pain.

## **Oxycodone (Oxynorm)**

Oxycodone is a strong painkiller used for severe pain. It is usually used in addition to other painkillers when needed, for pain in between doses. For dose follow the instructions on the bottle.

### **Side effects**

The most common side effects are:

- Light headedness
- Drowsiness
- Constipation
- Sometimes slight nausea

## **Painkillers with anti-inflammatories**

### **Ibuprofen (also known as Brufen or Nurofen)**

Ibuprofen is used for mild to moderate pain. The dose is usually 400mg three times a day, and should be taken with or after food. Ibuprofen is also in many over the counter medicines. Check with your pharmacist before purchasing.

### **Diclofenac**

Diclofenac is used for mild to moderate pain. The dose is usually 50mg three times a day. Both ibuprofen and diclofenac are anti-inflammatories as well as painkillers, and should be taken regularly in order to get this effect.

### **Side effects**

The side effects of diclofenac and ibuprofen are the same. They can cause indigestion. If this occurs then stop taking them and consult your GP. It is rare for someone to be on warfarin with ibuprofen or diclofenac, but if this is the case you must consult with your doctor before stopping them.

**Many analgesics may cause light headedness or drowsiness (see individual drugs). If you feel this is affecting you then you should not drive, use tools, operate machinery or drink alcohol.**



### Very rare side effects

Some strong painkillers can very occasionally cause hallucinations (e.g. morphine, tramadol and codeine) if this occurs consult your GP.

### How long should I take my painkillers for?

It is not expected that you will need to take tramadol, codeine, morphine or oxycodone for a long time after discharge, unless you are taking it for a long-term condition.

For most people, once the supply of tramadol, codeine, morphine or oxycodone is finished, paracetamol will be sufficient.

If you experience pain despite taking regular paracetamol, and this interferes with your normal activities, consult your GP.

### Breastfeeding

If you are Breastfeeding and taking pain killers with codeine in them (e.g. co-codamol, Tylex, Solpadol, Kapake) please observe your baby for signs of:

- Drowsiness
- Vomiting
- Poor feeding

Although it is very rare, codeine can pass into breast milk resulting in the above symptoms. If you are at all concerned about this or your baby has any of these symptoms please contact your community midwife or GP.

## Controlling your pain on discharge from hospital

### How to contact us

#### Medicine Information Helpline

Telephone 01709 424126

#### Dispensary

Telephone 01709 424472

#### Switchboard

Telephone 01709 820000

### Useful contact numbers

#### NHS Direct

Telephone 0845 4647

#### Health Info

Telephone 01709 427190

#### Stop Smoking Service

Telephone 01709 422444

#### Patient Services

Telephone 01709 424461

#### A&E

Telephone 01709 424455

#### For GP out of hours, contact your surgery

### Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.direct.gov.uk](http://www.direct.gov.uk)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

### We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

#### The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

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Telephone 01709 424461

Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

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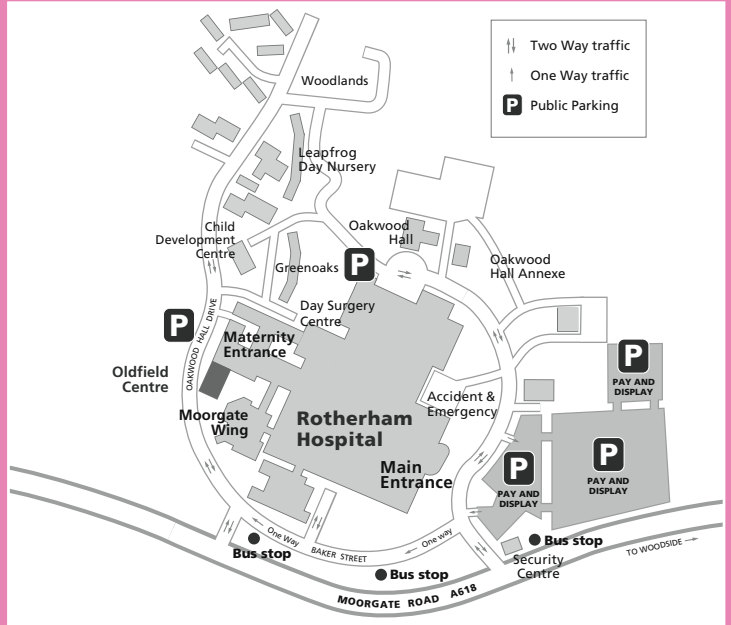
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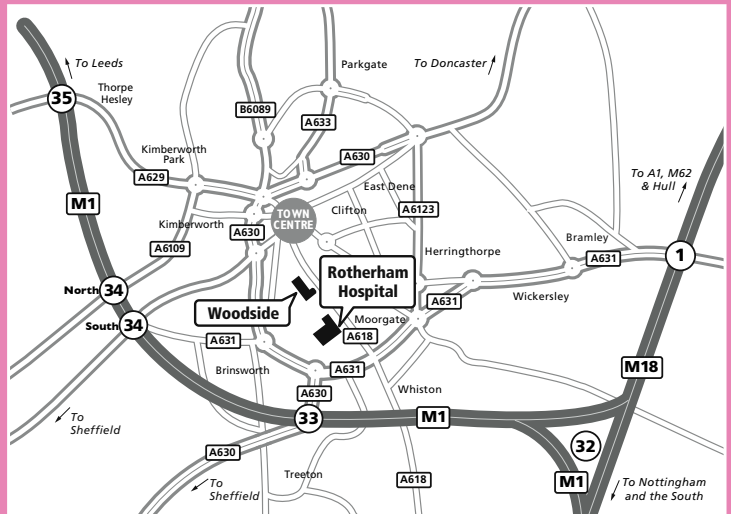
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# How to find us

## Hospital site plan



## Rotherham main routes





LS 152 04/13 V8 WFO



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