



UNDERSTANDING INDIVIDUAL PAIN MANAGEMENT

Managing your pain at home

Many people worry about hospital treatments or procedures, especially potential pain and discomfort.

At BMI Healthcare, our multi disciplinary team including nurses, clinicians and pharmacists are dedicated to making your care as pain-free and as comfortable as possible. They will personally discuss and explain any pain you may experience with you, and make sure you have the necessary medications. We'll also call you after discharge, just to make sure you're coping. Someone is around 24 hours a day at the hospital should you ever feel like a chat about your treatment, or just need some further reassurance or advice feel free to ring the hospital.



When you have been discharged from the hospital you may experience some pain and discomfort as you increase your mobility. It is important that you understand how to manage your pain at home.

It is very important that you follow the instructions on the label of the medicine container and **DO NOT EXCEED THE STATED DOSE.**

- Before you leave the hospital, you will have been offered a supply of medicines to treat your pain.
- You may have decided to purchase your own medicines from a pharmacy or you may have appropriate medicines already at home.
- We advise all patients to take their pain relieving medicines regularly for the first 24-48 hours.
- It is much easier to prevent pain than it is to treat pain – don't wait for the pain to arrive.
- Problems with sleep can often be due to poor pain control. It is advisable to spread out your pain relieving medicines throughout the day, leaving the last dose until bedtime.

Please make sure you obtain a further supply of your medicines from your doctor or from a pharmacy before you run out.

GENERAL INFORMATION ABOUT MEDICINES

1. All dispensed medicines are labelled with information to tell you how much and when to take the medicine.
2. A patient information leaflet should be provided with all medicines.
3. Medicines should only be taken by the person whose name appears on the label.
4. Tablets and capsules should be taken with plenty of water whilst sitting or standing up. They should be swallowed whole unless the directions say otherwise. If you are taking a liquid, please use the spoon or measure provided.

INFORMATION ABOUT PAIN RELIEVING MEDICINES

Paracetamol

Paracetamol is a very effective analgesic (painkiller) which is available from pharmacies and some supermarkets. The usual adult dose is:

- **2 X 500mg tablets to be taken every six hours**
- **Maximum of two tablets to be taken at any one time**
- **Maximum of eight tablets to be taken in 24 hours**

Codeine

Codeine can be prescribed alone as Codeine Phosphate tablets 30mg.

- **One or two tablets to be taken every six hours**
- **Maximum of two tablets to be taken at one time**
- **Maximum of eight tablets in 24 hours**

Or in combination products with Paracetamol as:

(a) Co-codamol 8/500 - each tablet contains 8mg of Codeine Phosphate and 500mg of Paracetamol. This strength of Co-codamol can be bought over the counter at pharmacies.

(b) Co-codamol 30/500 - each tablet contains 30mg of Codeine Phosphate and 500mg of Paracetamol. This is a prescription only medicine.

The adult dose for both these medicines is: – one or two tablets to be taken every six hours.

- **Maximum of two tablets to be taken at any one time**
- **Maximum of eight tablets to be taken in 24 hours**

IMPORTANT: Codeine Phosphate can be very constipating. If you notice a change in your normal bowel habits or have a tendency to become constipated, we recommend that you take a laxative. Common laxatives available from pharmacies include:

- Lactulose solution
- Senna tablets
- Isphagula husk sachets eg. Fybogel.

Tramadol

This medicine may be dispensed as an alternative to Codeine Phosphate for control of severe pain.

- One or two capsules to be taken up to four times daily
- Maximum of two capsules to be taken at one time
- Maximum of eight capsules in 24 hours
- Tramadol may also cause constipation

Please note prescriptions for Tramadol from the hospital can only be dispensed by the hospital pharmacy. You will need a prescription from your GP for dispensing from your pharmacy.

Non-Steroidal Anti-Inflammatory Medicines

Medicines that reduce inflammation can also be used to provide pain relief.

These medicines can be taken in addition to the medicines already mentioned above.

Non-steroidal anti-inflammatory medicines should not be taken by asthmatics or people with a history of gastric problems, unless discussed with the prescribing doctor.

Non – steroidal anti-inflammatory medicines:

- Ibuprofen
- Naproxen
- Diclofenac

IMPORTANT: Anti-inflammatory medicines should be taken with or after food to reduce stomach irritation according to the directions provided.

If you are still experiencing pain 10 days after your discharge from hospital, please consult your GP or surgeon.

YOUR LOCAL BMI HEALTHCARE HOSPITAL