

Treatment Information

Analgesics (Painkillers)

Drugs which act against pain are called analgesics. They include paracetamol, codeine, dextropropoxyphene and dihydrocodeine. These are often used in combination such as paracetamol and codeine (cocodamol), paracetamol and dextropropoxyphene (coproxamol) and paracetamol and dihydrocodeine (codydramol).

How should I take my pain killers?

People's response to analgesics vary from one to another. With some people the effect may last four hours, with others it may last longer. It is most important to **find out how long you get pain relief** with the particular analgesic prescribed for you.

Pain that keeps coming back needs **pain killers on a regular basis**. It is important to keep on top of the pain. **You should not wait until the pain is bad** before taking the next dose.

How many should I take?

With all the above pain killers the maximum adult dose is eight tablets in 24 hours. You may take up to two tablets, four times daily. If your pain killers contain paracetamol, do not take any other medication containing paracetamol as it is important not to exceed the maximum daily dose contained within eight tablets.

These painkillers are not addictive and their beneficial effect will not lessen with regular use.

Read the label on any other medication you are taking as it may contain paracetamol.

Are There Any Side Effects?

As with all medication some people may experience side effects. The compound analgesics may cause constipation and may produce drowsiness, especially if taken with alcohol.

What tests will I have?

There are no routine blood tests needed for people taking pain killers, although you may be having regular blood tests because of some of your other medication.

Additional information

You should avoid aspirin based pain killers unless they have been prescribed by your doctor because these can irritate your stomach.

Rheumatology department Patient Information

Contact Details

If you have any further questions or need advice about your treatment phone the Rheumatology Advice line on

01202 442849.

www.poole.nhs.uk/our_services/rheumatology.asp

For further health-related information, please contact:

The Health Information & Resource Centre

Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
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Rheumatology Practitioners

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We can supply this information in larger print, on audiotape, or have it translated for you. A member of staff will be happy to discuss this with you. Please call PALS on 01202 448499 or the Health Information Centre on 01202 448003 for further advice