

Your Pain and Swelling Tablets

Anti-inflammatory painkillers — how to take them safely

Your tablet: _____ Take: _____ times a day, for _____ days

NEVER TAKE TWO PAIN TABLETS TOGETHER

This is the commonest mistake, and it causes stomach bleeding and kidney damage. If you buy a painkiller yourself while taking the one we gave you, you may be taking a double dose without knowing.

These are all the same type of medicine — only one at a time:

Combiflam · Zerodol · Hifenac · Brufen · Voveran · Nise · Nucoxia · Ibugesic · Flexon · Dolokind

Pain gels, sprays and patches count too. Tell us about anything you are applying to the skin.

PARACETAMOL IS DIFFERENT — AND IT IS SAFE TO ADD

Paracetamol (Dolo 650, Crocin, Calpol) is **not** in the group above. If your pain is not controlled, adding paracetamol is safer than taking a second anti-inflammatory tablet.

Adults: up to 1 gram (two 500 mg tablets) at a time, maximum four times in 24 hours.

Do not exceed this, and remember many cold and fever remedies already contain paracetamol.

How to take them

- **Always after food**, with a full glass of water.
- Only for the number of days written above. These are not for daily long-term use.
- Drink plenty of water while taking them.

TELL US BEFORE YOU START IF YOU HAVE

Kidney problems · a past stomach ulcer or bleeding · asthma · heart failure or high blood pressure
· if you are pregnant · or if you take blood thinners, blood pressure tablets or water tablets.

STOP AND CONTACT US IF YOU GET

Black or tarry stools · vomiting blood or coffee-coloured vomit · severe stomach pain · swelling of the feet or face · passing much less urine · breathlessness · skin rash

