

Strong Painkillers

Tramadol · Tapentadol · Ultracet · Morphine-type medicines

Your tablet:

Take:

times a day, for

days only

What to expect

- These work well for severe short-term pain, such as after an injury or an operation.
- They are meant for a **short course**. They are not for everyday long-term pain.
- Feeling sleepy, slightly sick or dizzy in the first few days is common and usually settles.

START YOUR LAXATIVE FROM DAY ONE — DO NOT WAIT

These tablets slow the bowel and **almost everyone gets constipated**. Constipation is much easier to prevent than to treat.

Take the laxative we have prescribed every night, drink plenty of water, and eat fruit and fibre.

WHILE TAKING THESE

Do not drive or operate machinery · **No alcohol** · Do not share these tablets with anyone — a dose that is safe for you can seriously harm someone else · Keep them locked away from children

Stopping them

If you have taken them for more than a couple of weeks, do not stop suddenly — we will reduce the dose gradually. If you have only taken them for a few days, you can simply stop when the pain settles.

CONTACT US OR GO TO HOSPITAL IMMEDIATELY IF

The person is very difficult to wake · breathing becomes slow or shallow · there is confusion or agitation · muscle twitching, shivering or a fit · severe vomiting