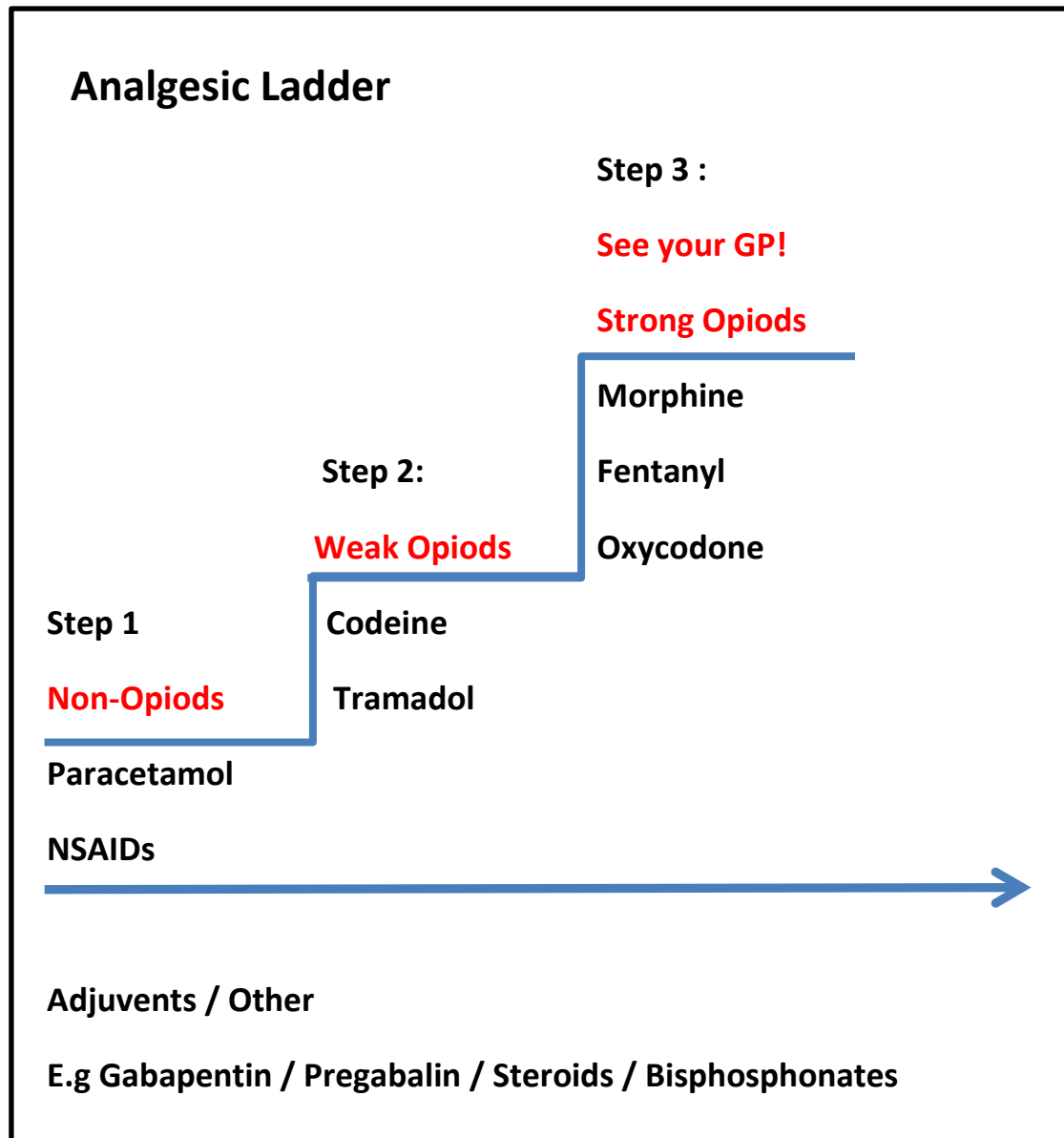


# Pain management – Patient advice

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**‘Pain – A subjective experience of an unpleasant stimuli’**



- **Paracetamol**
  - Key points
    - Initial starting point for pain control
    - Minimal side effects in majority of patients
    - Dose 500mg – 1 gram every 6 hours
  
- **NSAIDs ( Non Steroidal Anti-Inflammatory drugs**
- **e.g. Ibuprofen / Naproxen / Diclofenac**
  - Key points
  - Can be used with Paracetamol/Opioids
  - Do not use gels and tablets in combination
  - Gastric side effects
  - Example dosage - Ibuprofen 400mg every 8 hours with or after food
  
- **Weak Opioids**
- **E.g Codeine, Dihydrocodeine , Tramadol**
  - Key points
  - Can be used with Paracetamol / NSAIDs
  - Side effects include Constipation , Nausea
  - Example dose
    - Codeine 30 – 60 mg every 6 hours
    - Tramadol 50-100mg every 6 hours
  
- **Strong Opioids**
- **E.g Morphine , Oxycodone , Fentanyl**
  - Key points
  - Tablet / Liquid / Patch forms of medications
  - Can be used with Paracetamol and NSaids
  - Shouldn't really be used with weak Opioids

N.B

If you have any allergies to any of the above medications you should not take them. If you are still unsure of what treatment required for pain please get in touch!