

Taking pain relief for an injury after discharge from the Emergency Department

Emergency Department

Information for Patients

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Introduction

You have been discharged from the Emergency Department and it is advised that you take painkillers for your injury or condition. It is important that you take pain relief regularly and do not wait for the pain to increase before you take it. Regular pain relief helps you to be more comfortable and can help speed up your recovery.

We recommend that you read the leaflets contained in the drug boxes carefully. Do not take any medication you have an allergy to.

Paracetamol - paracetamol is a mild painkiller and can help reduce a fever. It is a very safe drug and can be taken by most people. When taking paracetamol do not take any other medications that contain paracetamol (for example co-codamol and cold/ flu remedies).

Doses are based on your weight. See the table below for the correct doses:

	Weight - less than 40kg (6.2 stone)	Weight - 41kg to 49kg (6.4 stone to 7.7 stone)	Weight - more than 50kg (7.8 stone)
Dose	500mg 4 times in 24 hours. Leave at least a 4 hour gap between doses.	1g 3 times in 24 hours. Leave at least a 4 hour gap between doses.	1g 4 times in 24 hours. Leave at least a 4 hour gap between doses.

Ibuprofen - ibuprofen works by reducing the chemical messengers in the body that cause the sensation of swelling and pain.

Ibuprofen can cause stomach upset and cannot be taken by everyone.

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Avoid ibuprofen if you:

- have a history of stomach ulcers or if you have indigestion.
- have kidney disease or take blood pressure medications.
- have asthma and your symptoms (wheezing or breathlessness) increase.
- are already taking a non-steroidal anti-inflammatory medication, a blood thinner, aspirin above 75mg daily, clopidogrel.

It is important that ibuprofen is taken with food to reduce the chance of stomach problems. If you get any stomach pain, increased acid or feel sick, stop taking it and ask your GP for advice.

You can take ibuprofen 400mg 3 times within 24 hours. A short course, no more than a week, is recommended. If a longer course is needed speak with your GP as you may need a medication to protect your stomach.

Dihydrocodeine / Codeine phosphate - you may have been given stronger painkillers from the hospital. These are called opiates. Take them as advised by the clinician that saw you, after reading the leaflet inside the box.

Opiates can cause drowsiness and constipation. You may need to buy some laxatives from a pharmacy to help with any constipation.

Taking your pain relief

To help you with taking your pain relief, use the example of the table below as a way of recording what you have taken and the time.

	8am	12 noon	2pm	4pm	8pm	10pm
Paracetamol	X	X		X		X
Dihydrocodeine or codeine	X	X		X		X
Ibuprofen	X		X		X	

Talk to a pharmacist if you are unsure what can be taken with your regular medications.

If your pain gets worse or is not manageable speak with your GP.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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