

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 pain killers (analgesia).

It is important that you keep on top of the pain that you may feel after your injury. Good pain relief can help you be more comfortable and help speed up your recovery.

Pain killers work well if they are taken regularly throughout the day. It is important not to wait for the pain to start before you take the painkillers.

The following is advised:

Paracetamol 2 tablets (1g), 4 times a day together with ibuprofen 400mgs 3 times a day.

It is important that ibuprofen is taken with food.

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

Taking your pain relief

This table will help you with taking your pain relief and recording what you have taken and the time.

| | 08:00 | 12:00 | 14:00 | 16:00 | 20:00 | 22:00 |
|----------------|-------|-------|-------|-------|-------|-------|
| Paracetamol | X | X | | X | | X |
| Dihydrocodeine | X | X | | X | | X |
| Ibuprofen | X | | X | | X | |

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

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Points to remember:

- Avoid ibuprofen if you have a history of stomach ulcers or if you have indigestion
- Avoid ibuprofen if you suffer with asthma and your symptoms (wheezing or breathlessness) increase
- Avoid ibuprofen if you take any medication that may interact with it, for example, blood pressure medicines
- When taking paracetamol do not take any other medications that contain paracetamol (e.g. co-codamol)
- This leaflet is intended for patients weighing above 40kg, Seek further advice if you are less than 40kg

If your pain persists and you are not being followed up by the University Hospitals of Leicester please contact your own doctor for advice.

Minor Injuries 0116 258 5807

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Or point your camera on the QR code to leave your feedback



Injuries



Emergency
Decisions Unit

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਹੋਰ ਭਾਸ਼ਾ ਵਲਿ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦੱਤਿ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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