

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

Emergency Department

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Information for Patients

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## Introduction

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

This leaflet tells you how to take pain relief. Do not take any medicine you have an allergy to.

**Paracetamol:** paracetamol is a mild painkiller and can help reduce a fever. This is a very safe drug and can be taken by most people. When taking paracetamol do not take any other medicine that has paracetamol in it. For example co-codamol and cold/ flu remedies.

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

	Weight is less than 40kg (6.2 stone)	Weight is 41kg to 49kg (6.4 stone to 7.7 stone)	Weight is 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 lowering the chemicals in your body that make you feel pain and swelling.

Ibuprofen can cause the stomach to be upset. Not everyone can take ibuprofen.

Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

### Do not take ibuprofen if you:

- have a history of stomach ulcers or if you have indigestion.
- have kidney disease or take blood pressure medicines.
- 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.

You must take ibuprofen with food. This helps 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**. Take it for no more than 1 week. This is recommended. If a longer course is needed speak with your GP. You may need a medicine to protect your stomach.

**Dihydrocodeine / Codeine phosphate:** the hospital may have given you stronger painkillers. 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

The table below gives you an example of when to take the painkiller.

	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 do not know which painkiller you can take with your regular medicines.**

**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۔  
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 ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)