

Remember: Know, Check, Ask

Know that combination painkillers should only be used short-term, maximum of three days.

Check that you are using your combination painkillers the correct way.

Ask your health care professional if you are not sure.

Find out more about medicine safety at: <https://bit.ly/KCA-info> or scan the QR code

! Know
✓ Check
? Ask



Scan me

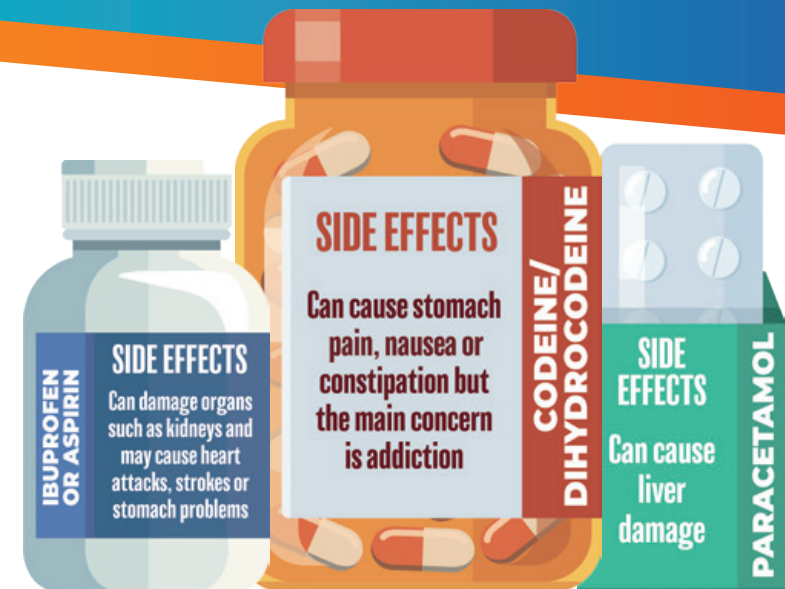
Taking care with medicines used to relieve pain

Are you aware of the risks associated with some common painkillers?

Further information and support

- Speak to your local Community Pharmacist.
- Find details of other groups that can help you at www.drugsandalcoholni.info
- **Contact your local Drug and Alcohol Coordinating Teams at:**

Belfast Health and Social Care Trust	connections@bdact.info	028 9084 0555
Northern Health and Social Care Trust	connections@ndact.info	028 2568 9306 028 2568 9356
South Eastern Health and Social Care Trust	connections@sedact.info	0800 254 5123
Southern Health and Social Care Trust	connections@sdact.info	028 3832 2714
Western Health and Social Care Trust	connections@wdact.info	0800 254 5123



Sometimes we need to buy medicines to treat pain

What painkillers can be purchased in Community Pharmacies?

Paracetamol and ibuprofen are the most commonly used medicines to relieve mild or moderate pain e.g. headache, toothache or fever.

Stronger combination painkillers (can also be called pain relievers), which contain a mixture of paracetamol or ibuprofen along with codeine or dihydrocodeine, can sometimes be needed to treat more severe pain, for example, after an operation or injury.

Taking medicines safely

Taking more than the recommended dose of any of these medicines can cause serious harm.

Combination painkillers that you buy from a pharmacy (or other online pharmacy retail outlets) should only be used short-term, for a maximum of three days.

The leaflet or box of the medicine will tell you how to take the medicine, and for safety reasons, you should not take more than the maximum recommended dose.

If you are in any doubt, or if your pain lasts for more than three days, ask your community Pharmacist for advice.

Sometimes the Pharmacist may provide you with less medicine than you have asked for, or refuse to sell you any.

This may be because they are concerned about your pain or how you are using the medicine. The Pharmacist will advise you what you should do next.

Risks of combination painkillers

All medicines can cause side effects or have risks, especially if used for longer than they should be. Combination painkillers can be effective in treating short term pain, but if they are not taken safely, they can cause serious harm.

Here are some of the main things to be aware of:

- **Codeine or dihydrocodeine** – can cause stomach pain, nausea or constipation, but one of the main concerns when taking these without review is **addiction**.
- **Ibuprofen or aspirin** – can damage organs such as kidneys and may cause heart attacks, strokes or stomach problems.
- **Paracetamol** – can cause liver damage.

Find out more information about:

Combined
ibuprofen and
codeine

[https://bit.ly/
IbuprofenCodeine](https://bit.ly/IbuprofenCodeine)



Scan me

ADDICTION CAN AFFECT ANYONE



Addiction

It is possible to become addicted to combined ibuprofen/paracetamol and codeine painkillers. Some of the warning signs are:

- feeling that you need the medicine for longer periods and in higher doses than recommended;
- when stopping them, you feel unwell but you feel better when you start taking them again.

Addiction can cause long term problems for some patients, for example, with their personal life or work.

Please speak to your Community Pharmacist, General Practice Pharmacist or GP if you are worried that you may be getting addicted to these medicines, as they can provide advice.

How to use medicines safely

[https://bit.ly/
HowToUseMedicationsSafely](https://bit.ly/HowToUseMedicationsSafely)



Scan me

vimeo

How to safely use pain relief medication

The video is here -

<https://vimeo.com/1076680448>

