

Strong Painkillers – Use them safely

Strong painkillers can be used to help with your recovery after an injury or operation. However, it's best that you don't take them for any longer than you need to.

Here's why:

Painkillers can cause important side effects, like

- Feeling drowsy, dizzy or confused
- Put you at risk of having a fall
- Nausea, vomiting and constipation

If taken for a long period of time, additional problems can include

- Painkilling effect wears off
- Becoming dependent on the painkiller, making it difficult to stop
- Harmful effects on your hormones, immune system and bones
- Increased risk of infections and broken bones
- Weight gain
- Reduced fertility

Your doctor or pharmacist will encourage you to reduce the dose and stop your painkiller as the pain improves. They might ask you attend for a pain review. This is to reduce the risk of these important side effects.

These are strong painkillers. Please help us to make sure they are used safely.