

MANAGE PAIN

effectively, responsibly, safely

Managing pain – effectively, responsibly, safely, has been developed to provide you with information about pain relievers that contain codeine.

Codeine combined with other ingredients such as ibuprofen, paracetamol and aspirin can provide effective temporary relief of strong pain. However, these types of pain relievers have dependence potential and possibly cause harm.

It is important that you follow the directions on the pack. Codeine based pain relievers should be used to provide temporary relief of strong pain. They are intended to be taken at the most appropriate dose, for up to three days. Read the directions on the packaging and speak to your pharmacist. If you continue to experience strong pain after the recommended period it is important to talk with your pharmacist or visit your doctor as soon as possible.

Active ingredients

It is important to check the active ingredient in all codeine combined medicines and discuss these with your pharmacist. It is also important to check the active ingredients in all other medicines with your pharmacist, including prescription medicines and complementary/herbal medicines you may be taking. Your pharmacist will advise if there are potential interactions (possible complications that can occur when different medicines are taken at the same time) between the various medicines you are taking.

When speaking to your pharmacist about the most appropriate pain reliever for you, provide details such as:

- ▲ How long you have been experiencing this pain
- ▲ What other pain relievers you have taken or are currently taking
- ▲ Any other medicine you are taking whether it be over the counter, prescription or complementary/herbal medicines
- ▲ Any other health concerns you may have.

Three things to remember

1 Dose

Always read the label on the pack and take as directed. Do not exceed the recommended dose. Excessive use can be harmful. Never swap or substitute one codeine product for another as there may be serious risk of harm. If you wish to change pain relievers, do so under supervision of a healthcare professional. Only change the dose of your medicine under medical advice.

2 Side effects

If you experience side effects, please stop taking the medicine immediately and talk to your pharmacist or doctor.

3 Information

Read through the information provided on this website to find out more about pain relievers that contain codeine. Talk with your pharmacist or doctor about possible alternatives.

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Further information

For more information, talk with your pharmacist or doctor or visit www.managepain.com.au