

Medication for Long Term and Flare up Pain



Somerset Community Pain Management Service
Part of Musgrove Park Hospital

Use these options to help you and your healthcare professional decide which tablets you may like to take.

FAQs	Paracetamol	Co-codamol	Tramadol	Ibuprofen or Naproxen
What are they for?	Tablet for most types of pain.	Tablet for most types of pain Contain codeine (weak opiate) with paracetamol	Capsules for most types of pain (weak opiate)	Tablet for pain with swelling and inflammation
How do they work?	Reduce sensitivity of nerves	Partially block pain pathways	Partially block pain pathways	Reduce inflammation
How effective are they?	1 in 4 people have a reduction of 50% or more of their pain	1 in 2 people have a reduction of 50% or more of their pain	1 in 5 people have a reduction of 50% or more of their pain	1 in 3 people have a reduction of 50% or more of their pain
What are the most common side effects?	Rare	Constipation, drowsiness	Constipation, drowsiness	Indigestion and stomach discomfort
What tablets should I start with?	Most people start with these as a first option.	Most people use these as the second option instead of paracetamol.	Most people use these only if the first 2 options are not tolerated or effective.	
Is it safe for me to take it?	Usually safe unless you have liver problems	Can cause dependency Not with added paracetamol	Can cause dependency Caution with uncontrolled epilepsy and those on some anti-depressants	Caution for those with stomach ulcers, other tablets to protect your stomach will be prescribed if you take these regularly. Not suitable if you have kidney or heart problems. GP to review.

What dose should I take?	2 tablets up to 4 times a day	Firstly- 8/500mgs, take 2 tablets up to 4 times a day Or 30/500mgs, take 2 tablets up to 4 times a day if the lower strength is not effective	50-100mgs tablets up to 4 times a day, with paracetamol	Ibuprofen 400mgs 3 times a day Naproxen 500mgs 2 times a day
What if I have side effects I cannot tolerate?	Stop taking them	Reduce gradually	Reduce gradually	Stop taking them and discuss with GP