New Zealand Society of Anaesthetists | Ngā Ringa Tauwhiro o Aotearoa

Pain Medicine Discharge Plan

NHI		Surname
Given Name(s)		
DOB	Gender	Admitting Doctor
Ward/Clinic		

This plan tells you what medications to take for your pain when you leave hospital and what to do next.

It is normal to have some pain after most surgeries. Pain medication will not take away all of your pain. The aim of the medication is to help make the pain more manageable.

You should begin to use less of the strong pain medicines (opioid or morphine like medicines) within two to seven days after surgery. You can begin to do this by spacing out the time between doses and decreasing the number of tablets taken from 2 to 1 at a time. It is unlikely that you will need a repeat prescription of stronger pain medicines, but sometimes pain can last longer.

If your pain continues to persist you need to see your GP to talk about whether you might need another prescription for the strong pain medicine.

Stop using second

Pain Medicines

These pain medicines are best taken regularly for the first few days. Then take as needed.

Paracetamol

500 - 1000mg tablet up to 4x daily. Maximum dose: 4000mg in 24 hours.

Or: mg up to daily. Maximum:

Anti-inflammatory medicine

Only use **one** anti-inflammatory medicine at a time.

☐ You can take these: ibuprofen, voltaren, celecoxib, Naprosyn.

OR

☐ You can take:

Anti-inflammatory medicine name:

How often/times a day:

Maximum tablets each day:

It is recommended that you do not take these medications due to (medical conditions):

Stop using first

Opioids or Morphine like Medicines

These medicines are for strong pain, only take if needed. Take them if pain makes it too hard for you to do things like: get out of bed, go for a walk, do physiotherapy or other activities that you enjoy.

You should only need these medicines for a few days. See your GP if pain persists.

Short acting

Take as directed but try to reduce how many you take each day.

Morphine (Sevredol)
Tramadol
Codeine
Oxycodone

Maximum tablets each day:

You should not drink alcohol, use other mind-altering substances, drive or operate machinery whilst on these medicines.

This medicine might cause drowsiness.

Long acting

You may have been given a few days of long-acting opioids. You may take these as directed. If the pain is still severe despite this medication, you may take the short acting opioid as recommended above.

Maximum tablets each day:

You should not drink alcohol, use other mind-altering substances, drive or operate machinery whilst on these medicines.

This medicine might cause drowsiness.

Other Medicines you may have been prescribed while in hospital to help manage your pain.		
		Maximum tablets each day:
		This medicine might cause drowsiness and could affect activities like driving or operating heavy machinery (Y/N)

The strong pain medicines (opioids) can make it harder to go to the toilet. This is called constipation. Constipation can make you feel sick. These are some of the things you can do to prevent constipation:

Drink more water

Eat healthy high fibre foods like fruit and vegetables and whole grain bread.

Do some gentle exercise, like walking

Take laxatives. These medicines make it easier to go to the toilet. You can buy them at the supermarket or pharmacy. Some examples are Coloxyl™ and Senna™ or Molaxole™.

Talk to you pharmacist or healthcare worker if you think you might be constipated.

You can scan this QR code for lots of helpful information about safely taking opioids.
From Te Tāhū Hauora Health Quality and Safety Commission.

Keeping Safe

It is important that you:

- Always keep your medicine in a safe place, for example in a high cupboard away from children.
- Do not share your medicine with anyone else.
- Take any leftover medicine back to the pharmacy for safe disposal.
- Do not throw any medicine in the bin or flush them down the toilet or sink.

Other things to try when pain is bad

Take slow deep breaths

Go for a walk

Change position or use pillows to help make you more comfortable

Use a hot or cold pack

Tell your doctor or healthcare worker:

- If your pain is not getting better, or it gets worse.
- If you experience other things like feeling hot, sweating or shivering.
- If you notice swelling or redness around your wound.

Additional instructions or comments

Name and designation:	**Date:**

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