

Information for patients

Pain management plan



Day Case Surgery

My Pain Management Plan After Surgery

My name

Filled in by (healthcare member)

Date filled in

The pain medicines I have been given

	Tick prescribed	The date I started	The date I should reduce and stop taking them				
Opioids		Day 1	Day 2	Day 3	Day 4	Day 5	
Morphine							
Codeine							
NSAIDS							
Celecoxib							
Ibuprofen							
Paracetamol							
Paracetamol							Take as required ▶

NOTE: Paracetamol (shown above in green), the Non-steroidal anti-inflammatory drugs (NSAIDs) (shown in yellow) should be taken at regular times during the day.

Your take-home medications explained

If suitable we will supply you with:

PAIN MANAGEMENT

1. Paracetamol

For pain relief, this helps the stronger pain medicines to work. Take regularly 4 times a day. (4-6 hourly). Maximum four doses in 24 hours.

2 NSAIDS (Anti-inflammatory)

For pain and inflammation. Follow the instructions on the box. You may be prescribed a medicine to protect your stomach – Lansoprazole or Omeprazole once a day.

If extra pain relief is required

3. Codeine (opioid medication)

One or Two tablet(s) 4-6 hourly. Maximum of 8 tablets in 24 hours.

4. Morphine Sulphate (opioid medication)

FOR SEVERE PAIN. Follow the instructions on the label of the box.

TOP TIP: If in pain, distract yourself from discomfort: watch TV, make a telephone call, go for a walk, or change your position.

TO PREVENT CONSTIPATION

Increase fibre and water intake. Take laxatives if you are taking strong pain relief.

1. Lactulose solution

To soften your motion. Please ensure you take 15ml twice a day (morning and evening) until your bowel habits are normal.

2. Sennosides

To increase your gut action. One – Two tablet(s) at bedtime.

TO PREVENT SICKNESS

1. Ondansetron

Take as required if you feel sick, some people do feel sick after an operation. One tablet up to every 8 hours.

TO PREVENT BLOOD CLOTS

Some people may require medication to reduce the risk of blood clots. This will be explained by the Ward nurse at the time of your discharge home.

Please read the leaflet in your preoperative information about how to reduce the risk and how to recognise the signs of blood clots.

PLEASE NOTE: Not everyone receives these medicines. Don't worry if they aren't in your medicines pack to take home – it means you don't require them.

Stay safe while taking opioids after your surgery



You should not drive if your ability to do so is impaired.



Never keep leftover opioids at home. Do not throw them in the bin. Always take unused opioids to your local pharmacy for disposal.



Always lock opioids safely away. Keep them away from children at all times.



Tell your carers to call 999 if they can't wake you up or if your breathing is very slow. Tell them to tell doctors or paramedics you take opioids for pain.



Start reducing opioids as your pain improves.

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

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