

## Further information and help

If you have any questions while in hospital, please ask a member of your health care team.

If you require further advice regarding your painkillers after discharge please contact either the Day Surgery Unit at Western Isles Hospital or Uist & Barra Hospital, your GP or NHS 24.

## Useful Information

Western Isles Hospital 01851 704704

Uist & Barra Hospital 01870 603603

NHS 24 Freephone: 111  
[www.nhs24.scot](http://www.nhs24.scot)

NHS Inform: [www.nhsinform.scot](http://www.nhsinform.scot)

EMC (Electronic Medicines Compendium) [www.medicines.org.uk](http://www.medicines.org.uk)

*Note. The internet is a fantastic way to access information. Unfortunately this information can sometimes be misleading. If you are at all unsure ask your healthcare provider.*

## Notes

Use the space below to write down any questions you might have or to make notes.

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

Version: 5 Review Date: May 2023  
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### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Painkiller Medication



Advice for adults coming into hospital for  
minor surgery only

## Important information

The painkillers that you have been supplied with can be taken together.

It is very important that you inform the nursing staff or medical staff on your ward if you take painkillers prescribed by your GP.

**You must not take any other painkillers.**

## About your painkillers

Following your procedure you will have been supplied with the following painkillers (*ticked box indicates which painkillers you have been given*).

**Please read the instructions on the drug boxes as to how often you should take these tablets.**

## Safety precautions

Your painkillers must be stored in a safe place where children cannot reach them.

If you feel drowsy when at home, do not drive or operate machinery.

Avoid alcohol as it may increase your drowsiness.

## You have been given:

### Paracetamol 500mg tablets

#### **What are they for?**

Used to control mild to moderate pain.

#### **How do I take them?**

Paracetamol is most effective when taken at regular intervals to prevent pain, rather than waiting until you are in pain before taking any action. They will also reduce the need to take the stronger painkillers that you may have been supplied with.

Your pain normally reduces after 2 to 7 days depending on which operation you have had. As the pain reduces, reduce the number of doses of Paracetamol and take them only when you need them.

**Do not take anything else containing Paracetamol while taking this medicine.**

#### **Maximum Doses**

Do not take more than 2 tablets at any one time.  
Do not take more than 8 tablets in 24 hours.

### Ibuprofen 200mg tablets

#### **What are they for?**

Ibuprofen 200 mg tablets are anti-inflammatories and are used to control moderate to severe pain.

#### **How do I take them?**

Ibuprofen must be taken with or after food, or a meal. They are most effective when taken at regular intervals to prevent pain, rather than waiting until you are in pain before taking

any action. They will also reduce the need to take stronger painkillers that you may have been supplied with. Ibuprofen can be taken with the other painkillers that you have been supplied with.

Your pain normally reduces after 2 to 7 days depending on which operation you have had. As the pain reduces, reduce the number of doses of Ibuprofen and take them only when you need them.

### Dihydrocodeine 30mg tablets

#### **What are they for?**

Dihydrocodeine 30mg tablets are used for severe pain.

#### **How do I take them?**

Dihydrocodeine 30mg tablets can be taken at the same time as both Paracetamol and Ibuprofen or in between doses of Paracetamol and Ibuprofen.

Your pain normally reduces after 2 to 7 days depending on which operation you have had. As the pain reduces, reduce the number of doses of Dihydrocodeine and take them only when you need them. This medication can cause constipation.

**Please read the leaflet contained in each of the tablet boxes for further information including side-effects.**