



PAIN MEDICINE DISCHARGE PLAN

DR NUMBER:

SURNAME:

GIVEN NAMES:

DATE OF BIRTH:

Please complete details or affix patient label

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

The medicine has been prescribed for you after your admission on (date)

For

Please take this plan to show your GP Dr at your next visit.

- ☐ It is unlikely that you will need a repeat prescription of any strong pain medicines, unless there is an unexpected change in your recovery.
- ☐ A further prescription for strong pain medicine will likely be required. Please visit your GP within 3-4 days of your discharge so they can review and prescribe additional medication if required.

Regular Pain Medicine		Take these medicines at regular intervals to help with pain	
Stop Second	Paracetamol 500mg tablet	How many tablets:	You will probably need this medicine for:
		How often/times a day:	
		Maximum tablets each day:	
	Anti-inflammatory medicine Name mg	How many tablets:	You will probably need this medicine for:
		How often/times a day:	
		Maximum tablets each day:	
Stop First	Opioids or morphine like medicine These medicines are for strong pain, take if needed. Take these medicines 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.		
	Tapentadol (50mg tablet) OR Tramadol (50 mg IR tablet)	How many tablets:	You will probably need this medicine for:
		How often/times a day:	
		Maximum tablets each day:	
	OR Oxycodone 5mg tablet	How many tablets:	You will probably need this medicine for:
		How often/times a day:	
		Maximum tablets each day:	



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Morphine like pain medicines can cause constipation. If you are constipated you can:

- Eat foods with more fibre
- Take laxatives. You can get laxatives from supermarkets and pharmacies.

Brands include Coloxyl™ with Senna™ and Movicol™.
You can ask a pharmacist for more information about laxatives.

Number of opioid tablets
dispensed on discharge

Important Points

Where should I keep my medicine?

- Always keep your medicine in a safe place.
- Never share your medicine with others.

What should I do with any medicines I don't need?

- Take any unused or unwanted medicines to your local pharmacy for safe disposal.
- Do not throw any medicine in the bin, or flush them down the toilet or sink.



Other things to try which are also helpful for managing pain

- Practise deep breathing exercises.
- Go for a gentle walk. Slowly increase how much exercise and activity you do.
- Have a comfortable and well supported position in bed.
- Consider the use of hot or cold packs.
- Psychological and spiritual practices such as mindfulness, prayer, relaxation.
- Use distractions: watch TV or a movie, listen to music, spend time with friends.

If you have ongoing pain, or pain that is getting worse despite taking the medication as prescribed in this plan

OR

If you have other signs and symptoms such as a temperature, swelling or redness around a wound contact your doctor.

Additional instructions or comments

Name and designation

Date

Developed by the Opioid Stewardship Working Party and St Vincent's Public Hospital Sydney APS in partnership with consumers 2022. Adapted by the Australian Society of Anaesthetists Limited (ASA).

Disclaimer: This plan provides general information about pain medicine after leaving hospital. If you have any questions, you should ask your specialist or relevant health professional. Every effort is made to ensure that the information is accurate and up to date. However, we do not guarantee or warrant the accuracy or completeness of the information provided. This information may change with time due to advancements in clinical research and knowledge. Use this plan only in consultation with your specialist. Copyright in this plan belongs to the ASA. All or part of this plan must not be used, adapted, reproduced or distributed for commercial purposes without written permission from the ASA. Last reviewed 26/05/23.

