



Emergency Department Advice Sheet – Adult Pain Relief

Pain Relief

Paracetamol

This is a very effective painkiller for all sorts of aches and pains including headaches, joint and muscle pains, and toothache. Paracetamol can be bought from supermarkets and pharmacies very cheaply. Adults can take 2 x 500mg tablets every 4 to 6 hours but do not take more than 8 tablets in 24 hours. Paracetamol is safe to take in pregnancy. Do not take at the same time as any other medicines that contain paracetamol e.g cold and flu remedies, co-codamol .

Ibuprofen

Ibuprofen is an anti-inflammatory painkiller and an effective addition to paracetamol especially for musculoskeletal problems. Ibuprofen can be bought cheaply from supermarkets and pharmacies. Adults can take 400mg every 8 hours with food. This can be taken in addition to paracetamol. Do not take ibuprofen if you are pregnant or breast feeding.

Avoid ibuprofen if you have a history of kidney disease, heart disease, severe asthma or stomach ulcers. Stop taking ibuprofen and consult a doctor if you develop upper abdominal pain, vomit blood, pass black stools or see blood in your stools.

Codeine

If it is felt that you need strong painkillers you may be given Codeine. This is taken in addition to paracetamol and/or ibuprofen. Take 30-60mg (1-2) tablets every 4-6 hours but not more than 8 tablets in 24 hours. Codeine can make you feel dizzy, lightheaded and nauseated so it is advisable to start with one tablet at a time. Regular use over a few days can also cause constipation.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔