

Discharge Pain Medication Plan

Patient Sticker / NHI

Post Hip / Knee Joint replacement

This is a guide for taking your pain-relief medication once you have been discharged from hospital. Your doctor will have ticked the medications below that you have been prescribed

Tick if prescribed

Take these medications <u>regularly</u> for pain				These will be reviewed at clinic in 2 weeks	
<input type="checkbox"/>	Paracetamol	2 tabs	FOUR times a day	Changes to instructions here: _____ _____ _____ _____	
<input type="checkbox"/>	Celecoxib	1 cap	TWO times a day		
<input type="checkbox"/>	Tramadol <u>Slow Release</u>	1 tab	TWO times a day		
<input type="checkbox"/>	Omeprazole	1 cap	ONCE a day		

Take these medications <u>if you need to</u> for pain <u>as well as</u> the medication above					
<input type="checkbox"/>	Tramadol	1st choice	1 or 2 caps	Up to FOUR times a day	Stop if not needed for pain
<input type="checkbox"/>	Sevredol	2nd choice	1 tab	Up to FOUR times a day	Stop if not needed for pain

Take these medication <u>if you need to</u>					
<input type="checkbox"/>	Ondansetron (nausea)	1 tab	Up to THREE times a day	Take if you feel like vomiting	
<input type="checkbox"/>	Laxsol (constipation)	1 or 2 tabs	Up to TWO times a day	Take if you have constipation	

Doctor's Name:

Doctor's Signature:

Date:

If pain is not controlled with these medications or if there is uncontrolled nausea/vomiting please call **276 0044 Ex 54800** and ask for the nurse in charge of the ward.

Summary of Possible Side Effects

This is intended to provide some general information about possible side effects of your pain relief medication. These medications are generally well tolerated but if you experience side effect contact your doctor or pharmacist for advice.

Paracetamol	Well tolerated
Celecoxib	Stomach discomfort, nausea, diarrhoea (avoid in stomach ulcer)
Tramadol <u>Slow Release</u>	Nausea, vomiting, constipation, dizziness, fatigue, sweating
Omeprazole	Well tolerated (Headache, nausea, vomiting, constipation, diarrhoea)
Tramadol	Nausea, vomiting, constipation, dizziness, fatigue, sweating
Sevredol	Nausea, vomiting, constipation, hallucinations, drowsiness, dizziness, sweating
Ondansetron	Headache, constipation
Laxsol	Well tolerated (Stomach discomfort, Diarrhoea)