



Pain Management Plan

Created for:

By:

At:

On:

If you have any questions you can visit us in the pharmacy or call us on

Tel:

My symptoms are...

These medicines have been recommended:

Name	Dose	How Often	Other Guidance

I should also use:

Regarding the codeine-containing medication I have been recommended, I understand that:

- It should not be taken for more than 3 days
- I should use the lowest effective dose
- There may be a risk of building up tolerance (so the medicine no longer has the same effect)
- There is a risk of dependency (leading to withdrawal symptoms when the medicine is stopped)
- If my pain is not resolved in 3 days I should return to the pharmacy, or speak to my GP, to discuss other options

Remember to always follow your healthcare professionals guidance and ask if you are unsure. If you're looking for further support, the NHS may be able to direct you to support groups, pain clinics and complementary therapies in your area, visit [nhs.uk/live-well/pain/how-to-get-nhs-help-for-your-pain](https://www.nhs.uk/live-well/pain/how-to-get-nhs-help-for-your-pain). In the event of a medical emergency, you should dial 999 or immediately consult a healthcare professional.