

WHAT YOU MIGHT EXPECT FROM YOUR GP?

You may be offered:

- a phonecall or a face to face appointment to discuss your pain and your medication
- a referral to a pain clinic or support group
- a change to your pain medication



PRACTICE DETAILS AND LINKS

If you'd like an opiate pain medication review with a GP please contact Nicole Scott -

Administrator on:

028 93315955

or e-mail her:

Reception.Z00387@gp.hscni.net

Other resources:

The pain Toolkit gives practical advice and techniques to help manage pain

<https://www.pain toolkit.org/>

Versus arthritis supports people with arthritis and their families

<https://www.versusarthritis.org/>

"Brainman stops his opioids"

www.youtube.com/watch?v=MlImyFQPdCE

Scotch Quarter Practice



Why reduce your Opiate pain medication?

DID YOU KNOW THAT PAIN GUIDELINES HAVE CHANGED A LOT?

Opiate Pain medication like Tramadol, Maxitram, Cocodamol, MST, Butec, Mezolar, Oxycodone:

- are **really** helpful for Acute pain, Cancer, Accidents and Injuries
- are **not that** helpful for Chronic pain, Nerve pain, Back pain or Fibromyalgia

RISKS AND SIDE EFFECTS OF OPIATE PAIN MEDICATION

- Increased falls in elderly
- Constipation
- Nausea
- Sleepiness
- Can become addicted
- Can affect driving
- Your body can get used to the tablet (tolerance)

REDUCING OPIATE MEDICATION TO FEEL BETTER

- over 100 patients have already reduced their opiate painkillers in the last 2 years
- Well Done!

