

## Pain Relief Guide Lines

- Regular panadol OR panadeine (not both )
- Regular anti-inflammatory (naprosyn or celebrix or voltaren/ diclofenac)
- Codeine tabs when pain is more severe (usually use 60 mg)

All of these medications are compatible and may be taken with each other

Codeine can constipate, so eat lots of fruit vege and whole grain bread and drink lots of water.

Anti inflammatories can irritate the stomach. If so then stop taking them, and see your GP for an alternative if required.

Maintain good hydration when taking anti inflammatories to protect the kidneys (v important)