

Pain Relief Guidelines

- Regular panadol OR panadeine (not both)
- Regular anti-inflammatory (naprosyn or celebrix or voltaren/ diclofenac)
- Oxynorm 10mg tabs, 1 to 2 up to every 2hours as required.

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

Oxynorm 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 .

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