

What should I do if I miss a dose?

If you are in pain, take a dose of the paracetamol as soon as you remember. If it is nearly time for your next dose, wait until then and do not take the missed dose. Never take two doses of the same painkiller together. Take the remaining doses at the correct time.

Drinking alcohol

You may drink alcohol when taking paracetamol.

Where can I get painkillers from?

Paracetamol can be bought at pharmacies and supermarkets. You may need to see your GP if you need to take painkillers for a long time after surgery.

Useful contact details

If you have any questions about your medication, including the purpose and potential side effects, please contact our dedicated patient helpline for advice:

- **Dedicated Patient Helpline - Telephone 01438 286150**
Monday to Friday, 2pm - 4pm
or email: medinfo.enhtr@nhs.net (for a response by next working day).

Acknowledgement

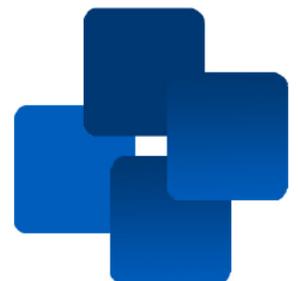
Adapted from the Nottingham University Hospital NHS Trust patient information leaflet.

Patient Information

Controlling Your Pain After Surgery

Paracetamol

Pharmacy Department



The purpose of this leaflet is to help you to control any pain you might have during your recovery at home. Please read it carefully.

How to take your medicines

In the first few days after the surgery, take your medicines regularly, even if you are not in pain. All painkillers work best if taken early so that they stop you feeling pain rather than treating pain once you can already feel it.

You may need to take painkillers before doing some physical activity, like walking. You should take the painkillers about one hour before you start the activity.

You have been advised to take paracetamol 500mg tablets (or capsules/caplets) when you go home.

Paracetamol 500mg tablets

Paracetamol is a commonly used medicine (painkiller) for treating mild or moderate pain. You can take two tablets every four hours, but do not take more than eight tablets in 24 hours.

Never take other medicines containing paracetamol at the same time as the paracetamol tablets you have been advised to take. This includes medicines that you can buy from the supermarket or pharmacy. If you are unsure, please check the information leaflet inside the package, or ask your pharmacist.

After going home, when can I take my next painkillers?

Your nurse will tell you when to take your first painkiller after you get home - see below:

Paracetamol	
Date	
Time	

(Nurse to complete table above)

The best way to take these medicines is as follows:

Breakfast	2 x 500mg paracetamol
Lunch	2 x 500mg paracetamol
Dinner	2 x 500mg paracetamol
Bedtime	2 x 500mg paracetamol

Keep a Record

You can use this chart to record the painkillers that you take. This will also make sure that you do not take too many tablets. Tick the box when you take each dose - **Day 0** is the day of surgery.

Day	Painkiller	Breakfast	Lunch	Dinner	Bedtime
Day 0	Paracetamol				
Day 1	Paracetamol				
Day 2	Paracetamol				
Day 3	Paracetamol				
Day 4	Paracetamol				
Day 5	Paracetamol				
Day 6	Paracetamol				

Take your painkillers regularly for ____ days and as you recover from surgery, and do not feel any pain, you can slowly reduce the number of tablets that you are taking.

If you were taking painkillers regularly before surgery, you may need to carry on taking the same amount of painkillers after the surgery. Please speak to the doctor or nurse, or ask your pharmacist.