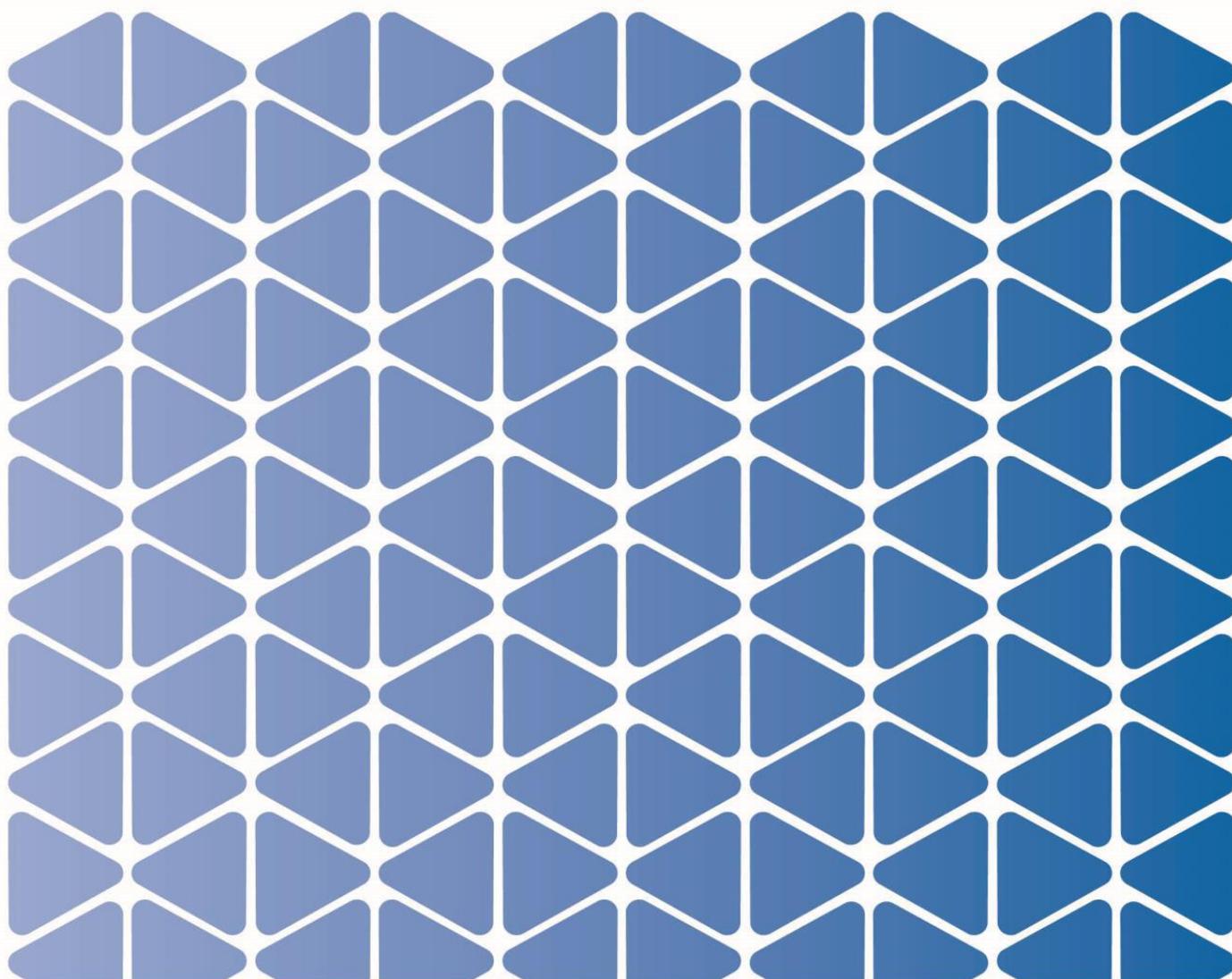




PATIENT INFORMATION

**DISCHARGE INFORMATION FOR  
PATIENTS GOING HOME WITH OPIOID  
MEDICATION FOR ACUTE PAIN RELIEF**



Whilst you were in hospital you were on strong opioid pain killers (e.g. morphine, oxycodone, tramadol, codeine). These medicines work well for short-term pain but they can have significant side effects and may be addictive, especially if taken for long periods of time.

**It is important to only use opioids for the shortest time and at the lowest dose possible to control your pain (unless directed by a specialist doctor). DO NOT increase the dose or take extra – unless specified by a doctor**

Before leaving hospital make sure you ask your health professional these questions (and any others you may have):

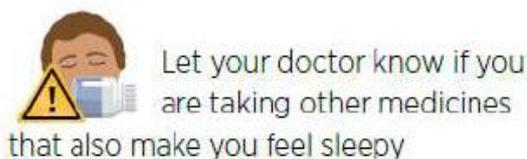
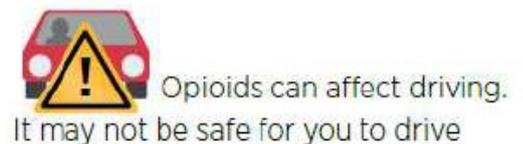
- How long is the pain expected to last?
- How should I take my pain relief and can I adjust the dose?
- What are the side effects I should be aware of?

In the week following surgery you can start to reduce the amount of painkillers you are taking as your discomfort decreases.

Discontinue the strong opioid painkillers first. You should be able to stop these within two weeks of discharge from hospital. (Paracetamol; should be the last painkiller you should stop)

If you were on strong opioids prior to surgery, you should see your GP/specialist doctor and discuss whether these drugs can be reduced and discontinued.

If you are on pain killers for 'nerve pain' such as gabapentin and pregabalin, you should also see your GP/Specialist doctor to discuss the potential for these drugs to be reduced and then discontinued.



**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.