

# Medicines for short-term (acute) pain

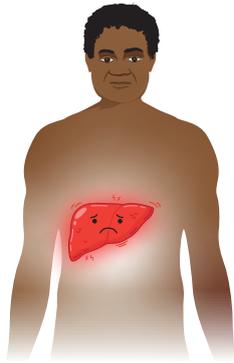
## Paracetamol (eg, Panadol, Osteomol)

My medicine is called: \_\_\_\_\_

### Paracetamol:

- ▶ is for pain for a short time, such as after an injury or if you have a headache
- ▶ can help with 'flare ups', eg, if you have arthritis and your joints suddenly become more inflamed and painful
- ▶ can be used with other types of pain medicines for stronger pain
- ▶ can help when reducing strong pain medicines (opioids)
- ▶ can be used for longer-term joint pain as a slow-release tablet ('osteo').

### If you:



have liver trouble

ask your doctor if paracetamol is right for you.

### Other ways to deal with pain:



Start moving,  
keep moving



Get good sleep



Eat healthy tucker



Look after your mind  
and spirit



Get support

### Some medicines do not go well with paracetamol

Always check. Tell your Aboriginal Health Worker, nurse, doctor and pharmacist about **all the medicines** you are taking.

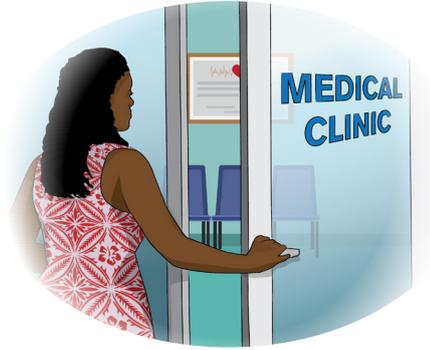
This includes medicines

- ▶ you bought yourself at the supermarket or store
- ▶ gathered from the bush, or given to you by a traditional healer
- ▶ medicines given to you by a family member or friend.



## Side effects

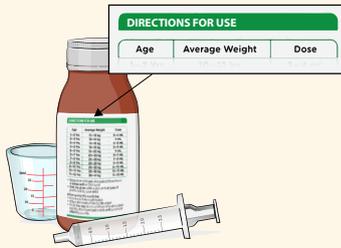
Paracetamol very rarely causes side effects if you take it at the right dose.



Go back to the clinic or see your doctor if you need to take it for more than a few days or if you have taken too much.

## Things to know

Taking too much paracetamol can damage your liver. Make sure you are taking a safe amount.



### Know how much to take

- ▶ Read the label of your medicine.
- ▶ For **children**, this is especially important as there are many different strengths of mixtures.
- ▶ Adults should take no more than 8 x 500mg tablets per day or 6 x 665mg (slow release - 'osteo') tablets per day of paracetamol.

### Check if other medicines contain paracetamol

- ▶ Need to count the paracetamol in other tablets, eg, cold medicines and hot drinks, combination pain medicines.

**Ask your health worker or pharmacist if you are not sure.**



**Take the medicine as the doctor has told you**



**Please don't share the medicine, it could be harmful to others**

## Extra information for me

---

---

---

---

---

## My next appointment:

nps.org.au

Level 7/418A Elizabeth Street Surry Hills NSW 2010

PO Box 1147 Strawberry Hills NSW 2012

☎ 02 8217 8700 ✉ 02 9211 7578 📧 info@nps.org.au

© 2022 NPS MedicineWise. Any queries concerning reproduction and rights should be sent to [info@nps.org.au](mailto:info@nps.org.au).

Independent. Not-for-profit. Evidence-based. This program is funded by the Australian Government Department of Health. The information provided is not medical advice. Do not use it to treat or diagnose your own or another person's medical condition and never ignore medical advice or delay seeking it because of something herein. Medicines information changes, and may not be accurate when you access it.

To the fullest extent permitted by law, NPS MedicineWise disclaims all liability (including without limitation for negligence) for any loss, damage, or injury resulting from reliance on, or use of this information. NPSMW2496



NACCHO



Good Medicine  
Better Health



NPS  
MEDICINEWISE