

# Medicines for short-term (acute) pain

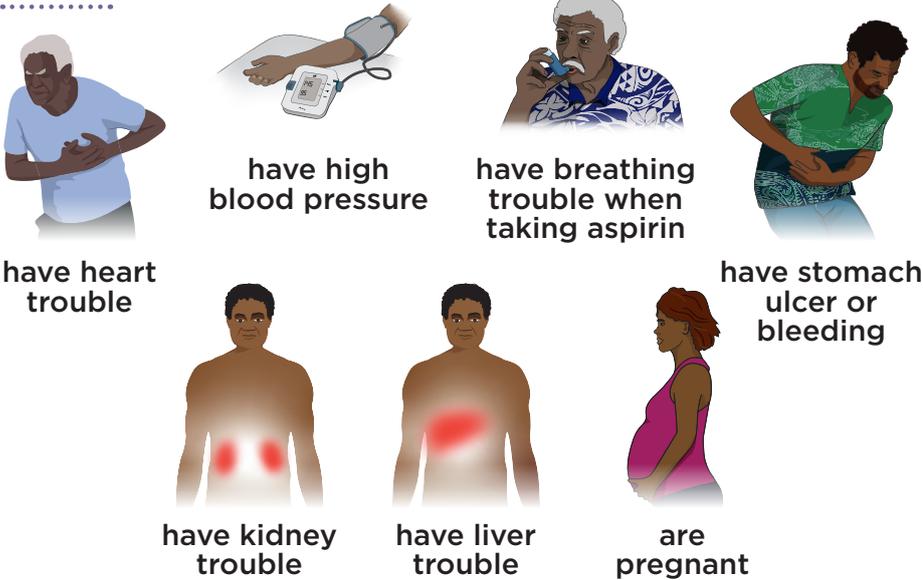
## Anti-inflammatory medicines (NSAIDs) eg, ibuprofen ('Nurofen'), naproxen, diclofenac

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

### Anti-inflammatories:

- ▶ are for pain for a short time (acute) such as after an injury or for a headache
- ▶ can help with 'flare ups', eg, if you have arthritis or gout and your joints suddenly become more inflamed and painful
- ▶ can be used with paracetamol for stronger pain
- ▶ can help when reducing strong pain medicines (opioids).

### If you:



ask your doctor if an anti-inflammatory is right for you.

### Some medicines do not go well with anti-inflammatories

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.



### Other ways to deal with pain:



Start moving, keep moving



Get good sleep



Eat healthy tucker



Look after your mind and spirit



Get support

## Side effects of anti-inflammatories

Anti-inflammatories can cause unwanted effects (side effects). Side effects do not happen to everyone and they may go away after a short time. Talk to your Aboriginal Health Worker, nurse, doctor or pharmacist about any problems you're having.



Feeling dizzy



Headache



Feeling sick

### Mild and common side effects

## Serious side effects:

**Return to the clinic or see your doctor straight away**



Chest pain

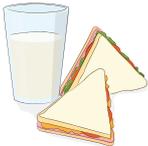


Trouble breathing



Blood in your poo, very dark poo or dark coffee coloured vomit

## Things to know



**Take with food or milk** to be gentler on your tummy.



**Make sure you take the right amount.** Read the label of your medicine to know how much and how often to take each day.



**Check if your other medicines contain anti-inflammatories.** They can be in other medicines, eg, for stronger pain or cold medicines.



**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.

- ✓ **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

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