

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

To get the best pain relief possible, remember these points:

- **Use your medication only as directed**
 - If your pain is not relieved or if it gets worse, call your doctor
 - If pain lessens, try taking your medication less often
- **Remember that medications need time to work**
 - Most pain relievers taken by mouth need at least 20–30 minutes to take effect
 - Take pain medication at regular times as directed. Don't wait until the pain gets bad to take it
- **Time your medication**
 - Try to time your medication so that you take it before beginning an activity, such as dressing or sitting at the table for dinner
 - Taking your medication at night may help you get a good night's rest
- **Eat lots of fruit and vegetables**
 - Constipation is a common side effect with some pain medications. Eating fruit and vegetables can help
 - Drink lots of fluids
 - Avoid laxatives unless your surgeon has prescribed them for you
- **Avoid drinking alcohol while taking pain medication**
 - Mixing alcohol and pain medication can cause dizziness and slow your respiratory system. It can even be fatal
 - Avoid driving or operating machinery while taking pain medication

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.
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