Precautions and Side Effects:

Oxycodone is recommended for short term acute pain management only as it can be habit-forming or addictive; this is why it is important to actively reduce the dose you are taking as your condition improves.

Only take Oxycodone as prescribed and after it has been discussed with a doctor.

Before you take Oxycodone, you must notify your doctor or pharmacist if you:

- Have any allergies to medications, particularly other pain medications.
- Have any other medical conditions.
- Are pregnant or breast-feeding.
- Take other regular medications.

Oxycodone can make you drowsy.

If you have taken Oxycodone:

- Do not drive, ride a bike or operate machinery, including power tools.
- Be cautious with tasks that require significant concentration.
- Do not drink alcohol or take sleeping tablets.
- Do not make important personal or business decisions, or sign legal documents.
- Do not take more tablets than have been prescribed.

Attend the Emergency Department if you experience any of the following after taking Oxycodone:

- Severe dizziness, drowsiness, disorientation, confusion.
- Difficulties breathing.

Storage:

- Never give your Oxycodone to anyone else.
- Store Oxycodone in a safe place and out of reach of children.

References:

*Endone. MIMS Online 2016*

Information for patients given Oxycodone for the short term treatment of acute pain. SA Health 2015

*Oxycodone. NPS Medicine Wise 2012*

Author:

Department of Pharmacy and Clinical Pharmacology, RBWH
When do I need to take pain medications?

**Pain Scale**
Give your pain a score:
0 = no pain
10 = the worst pain imaginable

**Mild Pain (1–4)**
- Try non-medication methods such as hot/cold packs.
- Take paracetamol as directed.

**Moderate Pain (5–7)**
- Take paracetamol regularly
- You may add an anti-inflammatory drug, such as Nurofen, only as directed and if a doctor has said you can take this kind of medication.
- If you still have moderate pain, take your prescribed Oxycodone; see your personalised plan for how to take this medication.

**Severe Pain (8–10)**
- Continue to take paracetamol regularly
- Take your Oxycodone as prescribed.
- See your GP or attend the Emergency Department if you have severe pain despite following your personalised pain medication plan.

**Paracetamol**
1G (e.g. 1–2 of 500mg tablets) of paracetamol regularly every 4–6 hours (max 4G per day)

**Ibuprofen**
400mg ibuprofen every 6–8 hours (1.2G per day)

*Check with your doctor before taking Ibuprofen or other non-steroidal anti-inflammatory drugs (eg. Nurofen, Mobic, Indomethacin)*

**While you still have pain take:**

**Oxycodone**

Take _____ mg every _____ hours if required until _____/_____/

Maximum _____ mg/day

Decrease dose to _____ mg every _____ hours if required until _____/_____/

Further decrease dose to _____ mg every _____ hours if required, until _____/_____/

Review the ongoing need for this medication with your General Practitioner within 2–3 days

When your pain improves and you no longer need any oxycodone, you can stop taking paracetamol regularly.

**Other Pain Medications:**

- **Paracetamol**
- **Ibuprofen**
- **Oxycodone**

**When your pain improves and you no longer need any oxycodone, you can stop taking paracetamol regularly.**

**Your personalised pain medication plan:**

**Oxycodone can cause significant constipation:**
- Eat a high fibre diet and stay well hydrated.
- Include laxative medications such as Movicol or Coloxyl and Senna.

**For more information contact:**

[Contact Information]

[Patient Sticker]