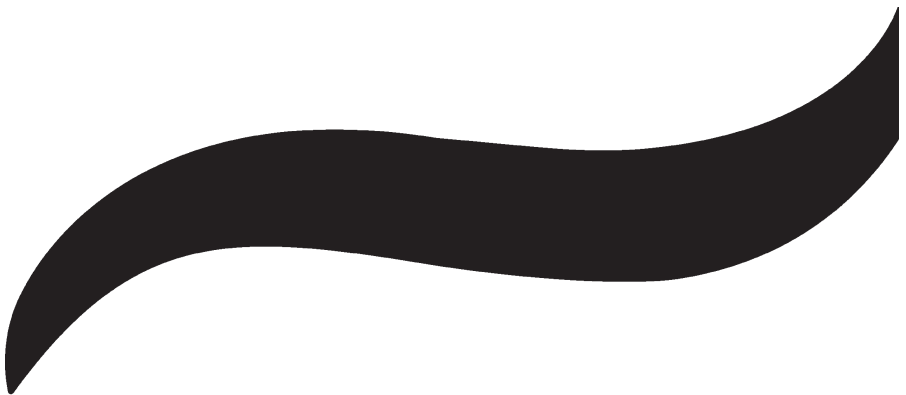




# How to begin reducing your Co-codamol

Information for patients  
Pain Management Service  
University Hospital Hairmyres



## HOW YOU COULD BEGIN TO REDUCE YOUR CO-CODAMOL

It is important not to stop taking your Co-codamol suddenly as this can sometimes cause withdrawal symptoms for a few days. It is best to begin reducing your co-codamol slowly and then you are unlikely to get withdrawal symptoms.

It is important to choose a time to begin reducing your medication. Preferably when you do not have stresses in your life and when your pain is stable.

Only you know when your pain tends to be worse. It would be best to reduce the first dose at a time of day when your pain is usually at its best.

The table below gives you an idea of how you could begin to reduce your Co-codamol.

<b>Week</b>	<b>Morning</b>	<b>Lunch time</b>	<b>Teatime</b>	<b>Night</b>
<b>Week 1</b>	2 co-codamol	1 co-codamol + 1 paracetamol	2 co-codamol	2 co-codamol
<b>Week 2</b>	2 co-codamol	1 co-codamol + 1 paracetamol	1 co-codamol + 1 paracetamol	2 co-codamol
<b>Week 3</b>	1 co-codamol + 1 paracetamol	1 co-codamol + 1 paracetamol	1 co-codamol + 1 paracetamol	2 co-codamol
<b>Week 4</b>	1 co-codamol + 1 paracetamol	1 co-codamol + 1 paracetamol	1 co-codamol + 1 paracetamol	1 co-codamol + 1 paracetamol
<b>Week 5</b>	1 co-codamol + 1 paracetamol	2 paracetamol	1 co-codamol + 1 paracetamol	1 co-codamol + 1 paracetamol

You can continue to reduce your co-codamol further in this way by one tablet each week. You may need to reduce more slowly than this or may be able to reduce every few days depending on how you feel. If you have any worries whilst reducing your medication you can discuss this with your GP or pain nurse.

## **TAKING MEDICATION IN CHRONIC PAIN RELIEF**

- ❖ The benefits gained from taking medication should always be more than any side-effects you have.
- ❖ Only you know how bad your pain is, are able to say if your medicine is helping or is giving you problems with side effects.
- ❖ If your medicine is not helping you may not need to take it, but please talk to your GP or pharmacist first. Remember it may be several days or weeks before you notice that a new medicine is making a difference.
- ❖ Getting the best effect from your medication may be a matter of trial and error. It may help to keep a diary of your pain and other symptoms. Side effects often lessen once you have been on a medicine for a few days.
- ❖ You can discuss your pain medication with your GP, pharmacist or pain specialist. They can give you advice on which painkillers may help and they can help you find the best way to take your medicines.
- ❖ You will find more information about your treatment in the product information leaflet.

**If you understand how your treatment works you will be able to get the best pain relief from it with the least side-effects.**

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