

Pain talking



Fife Health
& Social Care
Partnership



Let's talk about pain

Take a different approach

How we view and manage pain has changed. Medication can help, but it's not the only option.



Find out more at
nhsfife.org/paintalking

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Medicine to help with your pain

Medicines may help in short-term (acute) pain, but they are not the answer to managing long-term (more than 3 months) pain.

Pain medicines may be part of a plan to keep you moving and feeling well to keep doing the things you want to do.

Medicines need to be both effective and safe. Unwanted effects include drowsiness, constipation, difficulty breathing and dependency. You can find out more by reading the information leaflet provided with them.

If you still have pain after 3 months, this website may be helpful: www.nhsfife.org/paintalking

Pain medicines

- **If they make you drowsy, do not drive or operate machinery.**
- **Do not share or take other people's pain medicines.**
- **Store safely out of the reach of children. Return any leftovers to your pharmacy.**
- **If you are concerned about side effects, dependency, or they are not working, speak to your pharmacist, GP or nurse.**

