

# Patient *education*

## Pain Medicine

You have a prescription for pain medicine. This medicine may affect your ability to think clearly and perform physical activities.

Take this medicine only as needed for pain. If you don't have pain, don't take the medicine.

You may take less than the prescribed dose if you find a smaller amount controls the pain.

It may not be possible to make all of your pain go away, but you should be comfortable enough to move, breathe, and take care of yourself.

While taking the medicine, and for 8 hours after you stop taking the medicine, **do not:**

- Drive.
- Operate machinery or power tools.
- Sign legal documents.
- Supervise children by yourself.
- Participate in activities that require climbing or being in high places.
- Enter a body of water (lake, river, ocean, spa, swimming pool) without an adult nearby who can help you.

### Home care instructions

- **Don't** drink alcohol, take sleeping pills, or take other medicines for at least 8 hours after your last dose of pain medicine, or as directed by your caregiver.
- If you become constipated, use a bulk stool softener. Increasing your intake of fruits and vegetables will also help.
- Write down the times when you take your medicines. Look at the times before taking your next dose. It is easy to become confused while on pain medicines. Recording the times helps you to avoid an overdose

### Seek medical care if you:

- Continue to have pain that doesn't go away.
- Vomit or have diarrhea shortly after taking the medicine.
- Develop new pain in areas that didn't hurt before.

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**Seek immediate medical care if you feel:**

- Faint or dizzy.
- There are other problems that might be caused by your medicine.

This information doesn't replace advice from your health care provider. Discuss any questions you have with your doctor or health care team.

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. (412) 330-2400

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (412) 330-2400

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (412) 330-2400