

Co-Codamol

More harm than good?



Scientists have asked doctors to change the way they treat patients with long term pain.

They say there is "little or no evidence" that Co-codamol helps in the long terms and its side effects can be more distressing than the pain.

Benefits of reducing Co-Codamol
As you reduce your dose you may notice a reduction in its side effects.

Is Co-Codamol still helping me?

Most people get used to Co-Codamol after a few weeks. Even if it helped when you started taking it, it might not be helping any more. It might be causing harmful, unwanted side effects.

Should I stop taking it?

The only way to tell if Co-Codamol is still helping is to try taking a little less - and see if you notice a change in your pain. Use the guide here to reduce your tablets safely.

What else can I do for my pain?

As well as trying to reduce Co-codamol you can try other lifestyle changes such as being more active or practicing relaxation. See NHS inform chronic pain section at nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain/

Better control of pain

More able to fight infection

Thinking more clearly

Managing your emotions



Feeling less tired

Maintaining a healthy weight



Easier to go to the toilet

Less difficulty having sex



What do I do now?

If you want to try to reduce your tablets you don't need to see a GP. You can follow the guide inside the leaflet. If you would like advice or support in reducing your medication, please speak to your GP or Pharmacist.

What to expect

You might notice some changes each time you reduce your tablets. You might have slightly more pain or feel flu like symptoms:



Diarrhoea



Chills



Vomiting

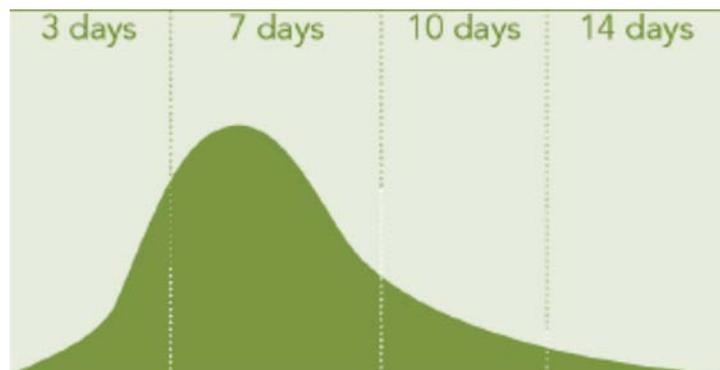


Anxious or irritable



Sweating

Withdrawal symptoms each time you reduce a tablet are normal. They will ease after 7-14 days.



For information on withdrawal symptoms or living with long term pain go to livewellwithpain.co.uk

Pain talking

Pain Talking is a website where you can find helpful information, links to recommended local resources and real-life stories of patients, all designed to help support you with your long-term pain.

nhsfife.org/pain-talking



With thanks to Thistle and Midlothian Health and Social Care for developing this leaflet and NHS Greater Glasgow and Clyde for their kind permission to reproduce.



My 6 month plan



Go slow

- Take one less tablet every month
- Do not stop in one go



Stop if your pain gets too bad

- If your pain is too bad, go back to the level above
- Try some self-management strategies at [nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain/](https://www.nhs.uk/healthcareprofessionals/illnesses-and-conditions/brain-nerves-and-spinal-cord/chronic-pain/)
- Speak to your Pharmacy Team or GP for advice



You may feel poorly

- You may feel flu like symptoms for a few days each time you reduce your tablets
- Do not increase your dose - you should feel better after a few days



Talk to someone

- Please speak to a pharmacist or GP

Keep a note of how you are feeling and any withdrawal symptoms

This could relate to for example, how you are sleeping, how it is affecting your pain and mood and how confident you are feeling.

| AM | Lunch | PM | Night | Date | How I feel |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------|------------|
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