

NEW RULES FOR MEDICINES WITH **CODEINE**



- ▶ Some medicines for pain have codeine in them. If you take too much codeine it can be harmful to you.
- ▶ This is why there are new rules about medicines with codeine. From 1 February 2018 you will need a script for medicine with codeine. Talk to your nurse, pharmacist or doctor about what this means for you.



Australian Government
Department of Health
Therapeutic Goods Administration

 **NPS
MEDICINEWISE**

WHAT CAN YOU DO WHEN YOU FEEL PAIN?

**IF YOU HAVE PAIN SOMETIMES.
IF YOUR PAIN LASTS A SHORT TIME.**

- ▶ You can take pain medicines like paracetamol, ibuprofen or aspirin.
- ▶ You can buy these medicines at the chemist.
- ▶ The pharmacist will help to find the right pain medicine for you.



**IF YOUR PAIN IS BAD.
IF YOUR PAIN LASTS A LONG TIME.**

- ▶ There are medicines for bad pain or pain that lasts a long time.
- ▶ If you have this kind of pain, talk to your doctor, nurse or pharmacist about it.
- ▶ You may need a script.



THERE ARE OTHER THINGS YOU CAN DO FOR PAIN

HEAT PACKS



ICE PACKS



RELAXATION



MEDITATION



GENTLE EXERCISE LIKE YOGA OR TAI CHI



EXERCISE IN A POOL



For more help with your pain, talk to your doctor, nurse or pharmacist.



For more information please visit our website

www.nps.org.au/codeine

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