

Important Information about Your Medications

1. Patients with chronic pain often take a combination of medications. These may include over the counter medications like acetaminophen (Tylenol) or ibuprofen (Motrin). It may also include prescription medications like codeine.
2. If opioid medications like codeine are prescribed they will require special monitoring and regular doctor visits. These pain medications are not refilled over the phone. You should see your doctor 1-2 weeks before you are out of medication. It is best to call at least 2-3 weeks ahead for an appointment.
3. If you are on opioid medication, you may have an upset stomach when you start the medication. This usually goes away over a few weeks. Constipation is a common side effect that may not go away. Drinking lots of fluids and eating fruits and vegetables is important. Some patients have to take a medication to help with constipation. Make sure to discuss this with your doctor.
4. The medication may make you sleepy or drowsy when you first start taking it. Do not drive until you know how it makes you feel. This effect usually wears off after a few weeks.
5. Don't suddenly stop taking this medication if you have been on it for more than a couple of weeks. Talk to your doctor before you change what you are taking. Your body can get used to the medicine and you may have withdrawal effects if you stop taking it. If you do not make follow up appointments and suddenly need medication, you will be scheduled into a clinic appointment as available. No refills are made over the phone.
6. Do not take more of the medication than what your doctor has prescribed. Do not give it to anyone else. Do not use illegal drugs while taking this medicine.
7. Receiving medications for chronic pain requires that patients agree to participate in exercise that is appropriate for their condition and be involved with making lifestyle changes that will help control pain. The best results are seen with a combined approach of medication, exercise, and behavioral changes to promote a healthy lifestyle.