

CODEINE

PATIENT INFORMATION GUIDE



Never give your medicines to others even if their symptoms are the same as yours.

WHY HAVE WE GIVEN YOU THIS GUIDE?

- This information is for you to use when taking codeine
- Codeine is mostly used for pain relief but can also be used for cough and diarrhoea
- Codeine can cause **serious side effects**, so it is important you know how to take it safely
- Talk to your doctor, pharmacist (chemist) or nurse if you have any questions

THINGS YOU CAN DO TO TAKE CODEINE SAFELY

- Codeine can cause nausea and constipation; ask your doctor or pharmacist how to manage these side effects
- If codeine makes you dizzy or drowsy, do not drive or operate machinery
- Talk to your doctor or pharmacist (chemist) if you are worried about any side effects

▶ CODEINE CAN BE HARMFUL

- ▶ **Extra care is needed when taking codeine, it is similar to morphine and can be addictive**
- ▶ **Ask your doctor how long you should be taking codeine for, it should only be taken for a day or two**
- ▶ **Stop taking codeine if your symptoms have been relieved**
- ▶ **Always store codeine out of reach and out of sight of children**
- ▶ **Let your doctor or pharmacist (chemist) know immediately if you:**
 - Have problems breathing or are feeling very drowsy
 - Have an accident with a head injury
 - Are worried that you may have taken too many tablets, or if you think you have been given too many tablets
- ▶ **Tell your doctor and pharmacist (chemist) about all of the medicines you are taking**
 - Codeine can be harmful when taken with **some** other medicines, especially other types of pain relief
 - Ask your doctor or pharmacist to check other medicines you are taking – they may have codeine in them too
- ▶ **ALCOHOL and codeine**
 - Do not drink alcohol while you are taking codeine
- ▶ **PREGNANCY and BREASTFEEDING**
 - Codeine is generally not recommended if you are pregnant or breastfeeding
 - Let your doctor know if you are pregnant or breastfeeding
- ▶ **Do not take any more than your doctor has asked you to**
 - High doses can be harmful, talk to your doctor if you think it is not working
 - If you have any tablets left over, return them to your pharmacy for safe disposal