



Medication for chronic pain.

Medication for longstanding pain is often different to medication for short lived painful episodes.

Traditional painkillers are often not as effective, as the way the body sends pain messages to our brain changes with time.

You will usually need to discuss your medication requirements with your GP. They will often prescribe nerve stabilising medication as well as traditional painkillers (see neuropathic pain advice)

However these basic rules usually apply.

- Try to keep to a consistent background dose of regular medication, by taking medication regularly.
- Encourage your GP to prescribe slow release medications taken once or twice/ day. Alternatively consider medications that come in patch form that release gradually through the day.
- Only vary your medication if you are having a particularly bad day (flare up). You should try to keep some medication in reserve for bad days, by not taking the maximum dose of all your medications all the time. You should plan this with your GP.
- Consider non medication techniques to help manage your pain – eg TENS machine, massage, heat and ice, distraction activities
- It is often not possible to take away pain completely. Focusing on realistic goals of activities you want to do, and using medication to help achieve these is often a more helpful way to manage your situation.

A lot of people find the information at this website

<http://www.paintoolkit.org/> very helpful to guide management of chronic pain.