Tramadol - Patient Information No 19

This leaflet is available in large print and audio version - call 0800 0730510

This leaflet can be made available in other languages. If required please contact the Patient Information Co-ordinator on 0800 0730510

यदि आपको यह दस्तावेज़ अपनी भाषा में बांटने की आवश्यकता हो तो पेशेंट इनफरमेशन को-आर्डीनेटर को 0800 0730510 पर फोन करने के लिए संतुष्टि करें।

यदि तपाईं आप परिवर्तन तपाईंपेशन ग्रुप (सूचना) को पूछताछ चाहें, तो कृपया करोड़ 0800 0730510 पर संपर्क करें।

आपने यदि यह प्रेस्पेसण पुस्तिका पिच्च के रूप में चाहें, तभी करें पेशेंट इनफरमेशन को-आर्डीनेटर के साथ 0800 0730510 द्वारा संपर्क करें।

अगर आप इस पुस्तिका के पिच्च के रूप में प्रेस्पेसण चाहें तो कृपया अपने संपर्क पाठ्यक्रम 0800 0730510 पर संपर्क करें।

0800 0730510 Information Co-ordinator

Patient Information
The Dudley Group of Hospitals
NHS Foundation Trust
Tramadol

Tramadol is used to relieve moderately severe pain. It may be used to treat pain caused by surgery and chronic conditions such as joint pain.

Dose:
Tramadol comes in the form of a tablet to take by mouth. It may be taken with or without food. You may be started on a low dose of Tramadol and gradually increase your dose according to your doctor’s instructions. Tramadol may be taken every 4-6 hours in one form of tablet, but it also comes in slow release (SR) form when you should take one tablet in the morning and one at night. The drug is then slowly released in the body over a period of time. Check with your doctor or pharmacist which sort of Tramadol you have been prescribed and how you should take it. Take Tramadol exactly as directed.

Problems:
Tramadol can be habit forming. Only take according to your doctors instructions (see below). Do not take it more often. Do not take it for a longer period of time than prescribed by your doctor. Contact your doctor if you find that you want to take extra Tramadol or notice any other unusual changes in your behaviour or mood.

If you have been taking Tramadol for some time and wish to stop taking it, do this over a period of time gradually reducing the dose, otherwise you may experience side effects if you stop it suddenly.

If you start taking Tramadol but find you experience side effects straight away, do not carry on taking it and consult your doctor.

Tramadol may cause side-effects such as: dizziness, weakness, headache, nervousness or anxiety, agitation, shaking hands, drowsiness, upset stomach, vomiting, dry mouth, hallucinations.
If you experience any of these symptoms after commencing Tramadol and they are severe or do not go away after stopping the drug, consult your doctor.

**Example Dose:**
Your doctor may prescribe you Tramadol either one tablet bd (twice daily) **OR** 2 tablets up to 4 times daily. Please check with your doctor or pharmacist which type you are taking.

**Further Sources of Information**
If you have access to the Internet, you may like to visit the following web sites for more information about pain management

The Pain Society at [http://www.painsociety.org/gen_public.html](http://www.painsociety.org/gen_public.html)

Oxford Pain Internet site at [www.jr2.ox.ac.uk/bandolier/booth/painpag/](http://www.jr2.ox.ac.uk/bandolier/booth/painpag/)

Please use the space below to write down any questions you may want to ask.

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**Contact details**
**Jane Southall/Candice Baker/Clare Allcock**
Clinical Nurse Specialists in Pain Management
01384 456111 ext. 4735 connected to an answering Machine
Direct dial: 01384 244735
Bleep: 7066

After 5pm, weekends and Bank Holidays

**Your G.P. or NHS Direct**

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