

# Tramadol

## Pain Management Patient Information Leaflet

### Introduction

Welcome to The Dudley Group NHS Foundation Trust pain management service. This leaflet will provide you and your relatives with information about a medication called tramadol. It includes what it is for, how it is taken and its benefits and risks.

This leaflet is not meant to replace discussion between you and your doctor, but as a guide to be used in conjunction with what is discussed.

### What is tramadol?

It is used to relieve moderately severe pain. It may be used to treat pain caused by surgery and chronic conditions such as joint pain. It belongs to a group of medicines known as opioids (similar to morphine).

### What are the benefits?

It can help relieve persistent pain when weaker types of painkillers have not been effective.

## What are the risks?

Tramadol can cause side effects. These may include dizziness, weakness, headache, nervousness or anxiety, agitation, shaking hands, drowsiness, upset stomach, being sick, dry mouth, hallucinations.

If you experience any of these symptoms when you start taking tramadol and they are severe, stop taking it and contact your GP.

**Important: do not drive or operate heavy machinery if you feel drowsy.**

Tramadol can be habit forming. Contact your GP if you find that you need to take extra tramadol or notice any other unusual changes in your behaviour or mood.

## How do I take it?

Please take your painkiller as directed by your pain consultant or GP. **Never take more than your prescribed dose.** Do not take it for a longer period of time than prescribed by your pain consultant or GP. You will usually need to start on a low dose of tramadol. Your GP or pain consultant will gradually increase the dose.

Tramadol comes in two forms. One is a fast-acting tablet that is usually taken every four to six hours.

There is also a slow release form where the medication is released slowly over the day to give a better effect if used in the long term. For the slow release (SR) form, you will need to take one tablet in the morning and one at night. Tramadol tablets can be taken with or without food.

It is a good idea to check with your pharmacist which type you are taking.

If you have been taking tramadol for some time and wish to stop taking it, speak to your GP. You will need to do this over a period of time by gradually reducing the dose. You may experience side effects if you stop it suddenly.

## What if I have problems?

You can contact the clinical nurse specialists in the pain management team (9am to 5pm, Monday to Friday) by:

- Calling **01384 244735** and leaving a message on the answerphone or
- Ringing the switchboard number 01384 456111 and asking them to bleep the number 5064

Out of these hours, you will need to contact your GP or NHS 111.

## Can I find out more?

The following website has more information about managing pain:

### **British Pain Society**

<https://www.britishpainsociety.org/british-pain-society-publications/patient-publications/>

The following website has information about medications and driving:

[www.gov.uk/drug-driving-law](http://www.gov.uk/drug-driving-law)

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/pain-management/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔