

## Common Musculoskeletal Medications

(Always follow the advice of your doctor).

General order from mild to severe:

Aspirin / Paracetamol

Ibuprofen. Nurofen

Coproxamol

Codeine – opioid derivative

Diazepam – given as muscle relaxant

Tramadol – opioid moderate/ severe pain

Amitriptyline – anti spasmodic

Gabapentin – nerve pain

Morphine – severe pain/ post-operative

### Paracetamol

Brand names: Disprol, Hedex, Medinol, Panadol.

Dosage: 2x 500mg tablets

Up to x4 in 24 hrs

4 hrs between doses

Takes 1 hour to work

Never exceed maximum dose

Not to be used with liver kidney problems, habitual heavy alcohol usage, epilepsy, tuberculosis, warfarin.

### Non-steroidal anti-inflammatories

Brand Names: Nurofen, Ibuprofen, Aspirin, Naproxen.

Dosage: 200mg tablets x 3 daily

Side effects: These medications do not specifically 'target the site of the pain' as once claimed, but they do act on the inflammatory process rather than blocking the experience of pain in the brain. They can interfere with the gastro intestinal tract and have an increased chance of intestinal bleeds 1/1000.

Never take on an empty stomach.

## Cocodamol

(Paracetamol and codeine)

Dosage: 8 mg

15 mg

30mg

All contain 500 mg Paracetamol; 8/500, 15/500, 30/500.

Adults 2 Cocodamol tablets x 4 in 24 hrs, allow 4 hrs between doses for processing.

If the dosage is exceeded by more than two tablets – seek medical attention.

Side effects:

Constipation

Sleepiness

Drowsiness

Headache

## Tramadol

Used in severe pain where other painkillers have not worked. Prescription only.

Brand names: Zydol, Tramquel, Invodol, Marol.

Dosage: 400mg x1 in 24 hrs

Takes 1 hour to work

In capsule, droplet, or tablet form.

Side effects:

Headache

Vomiting

Constipation

Dry mouth

Sweating

As an opioid derivative Tramadol is addictive.

## Diazepam

Brand names: Valium,

A benzodiazepine, has a calming effect used to treat anxiety, muscle spasm, insomnia, seizures.

Side effects: Sleepiness problems with coordination.

Long term, use can lead to tolerance and dependence, withdrawal symptoms on dose reduction.

Usage should be kept as short as possible.

## Amitriptyline

A tricyclic anti-depressant, a serotonin, norepinephrine re-uptake inhibitor.

Often used for neuropathic pain, trapped nerves, sciatica, fibromyalgia and IBS.

Brand name: Endep, Lentizol, Saroten, Tryptanol, Tryptizol.

Dosage: Given in a very low dose for musculoskeletal conditions.

Side effects:

Drowsiness

Headaches

Weight Gain

Constipation

Sleepiness

## Morphine

Works directly on the CNS to reduce pain. Can be taken for acute and chronic pain.

Commonly given orally for musculoskeletal and neuropathic pain.

Brand names: Roxanol, RMS, Kadian and oramorph SR. A major form of injectable morphine is available as morphine sulphate.

Dosage: As advised

Side effects:

Constipation

Crazy dreams

Delirium

Significant risk of addiction with prolonged usage.

Only to be used short term, post-operative.

