

PATIENT INFORMATION

Frequently Asked Questions (FAQ's) and Self-Administration of Pain Relief Drug Chart (Maternity Services)

Where do I get my pain relief medication?

Please bring a pack of paracetamol and a pack of ibuprofen (providing there is no reason why you wouldn't normally take these medications) with you from home, they can be obtained from any pharmacy.

If you need any stronger pain medications, these will be prescribed for you in the usual way and provided by the hospital.

How should I store my pain relief medication?

Medication must be stored out of reach of any children who may be visiting, and other patients on the ward. You will have access to a locked medication cabinet at your bedside. **Never share your medication with anyone at any time.**

How should I use the chart?

Following the birth of your baby, you will be told when you can start taking your own pain relief. Start on any combination of paracetamol and ibuprofen you prefer, taking both if needed.

Write the time you take each dose on the chart overleaf. This will help you keep track of timings and help remind you when you can take more. It also allows your midwife to see how things are going and give you help or advice if needed.

Is it ok to take pain relief medication whilst breastfeeding?

Both paracetamol and ibuprofen are safe to take while you are breastfeeding. Paracetamol is the first choice of pain medication with breast feeding and, although it does appear in breast milk, the amount is too small to cause harm to your baby. Ibuprofen is generally considered safe in breastfeeding as the amount transferred to breast milk is small.

A separate leaflet gives more details of these medications: 'Pain relief after birth and while breastfeeding'.

What if I'm still in pain?

It is important for you to talk to your midwife and ask for help and advice if you are struggling to manage your pain. Make sure you have been taking regular paracetamol and ibuprofen. There are other pain medications you can have, so please don't suffer in silence!

Self-administration of Pain Relief

Insert sticker here

Patient (printed):

Patient NHS No:

Patient DoB:

Patient Hospital No:

We hope that this chart will help you keep track of your pain relief during your stay in hospital. Please fill in the date and the time at which you take your medication.

The maximum dose of Paracetamol that you can take in 24 hours is 4g. We advise that you take 2 x 500mg tablets of paracetamol every 4 hours to help maintain a good level of pain relief.

The maximum dose of Ibuprofen is 1.6g in 24 hours. We advise that you take 2 x 200mg tablets of Ibuprofen every 6 hours.

If you have brought in your own pain relief from home, please remember that other forms of branded pain relief that you can buy over the counter in pharmacies and shops may also contain Paracetamol (Panadol, Anadin) and or Ibuprofen (Nurofen). For example, Co-codamol (Solpadol, Zapain, Migraleve) contains Paracetamol and Codeine. If you are taking Co-codamol regularly, please do not take any additional paracetamol.

If you have any concerns about the other medications you are taking, please ask your doctor or midwife. We are happy to help.

PARACETAMOL Dose: 1g Max every 4-6 hours (Maximum 4 doses in 24hours)	DD/MM/YY			DD/MM/YY			DD/MM/YY		
1 st dose	HH	:	MM	HH	:	MM	HH	:	MM
2 nd dose	HH	:	MM	HH	:	MM	HH	:	MM
3 rd dose	HH	:	MM	HH	:	MM	HH	:	MM
4 th dose	HH	:	MM	HH	:	MM	HH	:	MM

IBUPROFEN Dose: 400mg Max every 6 hours	DD/MM/YY			DD/MM/YY			DD/MM/YY		
1 st dose	HH	:	MM	HH	:	MM	HH	:	MM
2 nd dose	HH	:	MM	HH	:	MM	HH	:	MM
3 rd dose	HH	:	MM	HH	:	MM	HH	:	MM
4 th dose	HH	:	MM	HH	:	MM	HH	:	MM

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.