

# Medicine

in connection with surgery

This pamphlet briefly describes the most commonly used medicines used in association with surgery at Aleris. The staff will guide you regarding the medicine that is relevant to you. If you experience side effects or other discomfort, you should always talk to your doctor or phone Aleris.

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Further information about the medication described in this folder can be found at [www.medicin.dk](http://www.medicin.dk).

Also sold as Pamol, Panodil and Pinex. Tablets for adult use are 500 mg.

You can only be given 20 tablets as an over-the-counter purchase, and you must be over 18 years of age. If you require more, you need a prescription from your own doctor.

### Effects

Painkiller used to treat postoperative pain and other forms of pain. Also reduces fever.

### Dosage

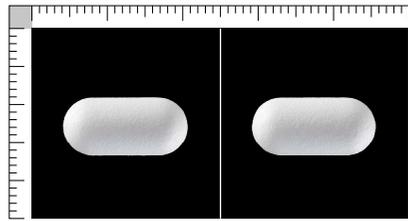
The recommended dose after your surgery is 2 tablets (1 g) 4 times daily.

### Adverse effects

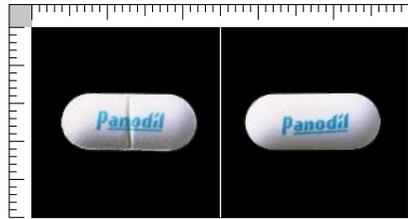
Paracetamol rarely causes side-effects. Effects on the liver are only seen on overdose.

### Safety precautions

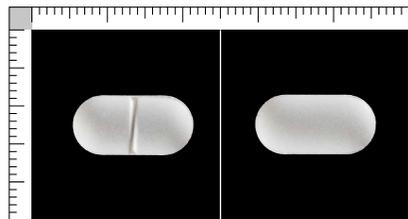
You are allowed to drive a car when you take Paracetamol.



Paracetamol, 500 mg



Panodil, 500 mg



Paracetamol, 500 mg



Pinex, 500 mg

# Ibuprofen

Also sold as Brufen, Ibumetin, Ibuprofen and Ipren. At Aleris 400 mg tablets are used, which is a prescription-only dose.

Ibuprofen (Ipren) 200 mg tablets are available as over-the-counter medication.

## Effects

Painkiller used to treat postoperative pain and other forms of pain. Also reduces fever. Belongs to the class of drugs known as non-steroidal anti-inflammatory drugs (NSAID), which reduce tissue inflammation. Consequently, these tablets are also known as "anti-arthritis tablets".

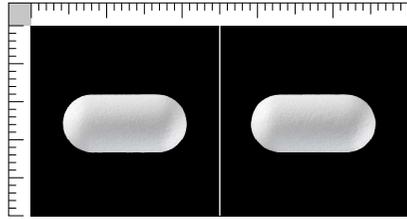
## Dosage

The recommended dose at Aleris is 400 mg 4 times daily.

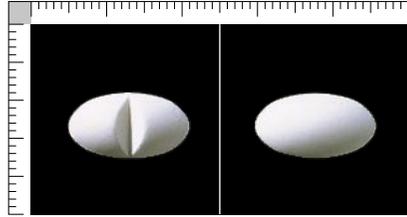
## Adverse effects

Acid reflux/heartburn and stomach pain. To avoid excessive side effects, we recommend that the medication only be taken for shorter periods, i.e. 1 to 2 weeks. Some patients benefit from an antacid medication, alongside other treatment.

Prolonged treatment is not recommended if you have cardiovascular disease, but shorter-term treatment following surgery is not dangerous.



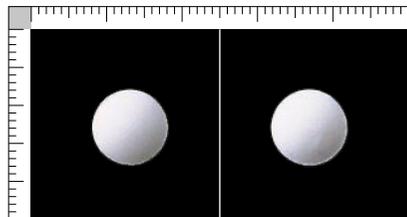
Brufen 400 mg



Ibumetin, 400 mg



Ibuprofen, 400 mg



Ipren, 200 mg

## Safety precautions

You are allowed to drive a car when you take Ibuprofen.

# Tramadol

Also sold under the names Dolol, Nobligan and Mandolgi, Tadol or Gemadol. Prescription-only medication.

## Effects

Tramadol is a synthetic morphine-like drug, which may also be used to relieve pain following minor surgery.

## Dosage

The recommended dose is 50 mg 3-4 times daily, up to the maximum daily dose of 400 mg.

## Adverse effects

The most common side effects are nausea, dizziness, drowsiness, dry mouth and constipation.

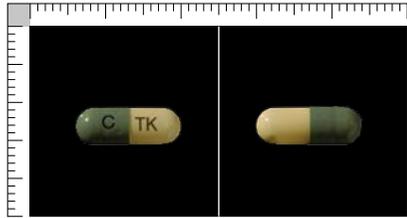
## Safety precautions

Effects potentiated by concurrent use of sedatives and alcohol.

## **⚠** Driving and using machines

Tramadol causes drowsiness. May affect your ability to drive and use machines. Consequently, you must not drive a car, motorcycle or bicycle, or perform work involving tools or machines.

If you need to use Tramadol for a longer period, talk with your doctor about when you can resume driving.



Tramadol 50 mg



Dolol, 50 mg



Nobligan, 50 mg



Mandolgi, 50 mg

# Oxycodon

## Slow-acting SUSTAINED-RELEASE medicine

Also sold under the names OxyContin, Oxycodone depot, Reltebon depot, Oxycodone hydrochloride, and others.

Prescription-only medication.

### Effects

Strong painkilling, morphine-like medication, used to treat postoperative pain and other forms of pain.

Sustained-release tablets are taken regularly and last for up to 12 hours.

### Dosage

You may be prescribed regular sustained-release tablets on some days, supplemented with fast-acting, as-needed, medication.

The medicine should be taken twice a day.

### Adverse effects

Nausea, vomiting, drowsiness, dizziness, itchy skin, and constipation are the most common side effects. Overdose causes a decrease in the level of consciousness.

### Safety precautions

Effects potentiated by concurrent use of sedatives and alcohol.



Reltebon depot, 10 mg

### ⚠ Driving and using machines

Oxycodon causes drowsiness. May affect your ability to drive and use machines. Consequently, you must not drive a car, motorcycle or bicycle, or perform work involving tools or machines.

If you need to use Oxycodon for a longer period, talk with your doctor about when you can resume driving. Do not drive while you are taking fast-acting tablets.

# Oxycodon

## FAST-acting

Also sold under the names, Oxynorm, Oxycodone, Oxycodone hydrochloride, and others.

Prescription-only medication.

## Effects

Strong painkilling, morphine-like medication, used to treat postoperative pain and other forms of pain.

Fast-acting tablets are taken when needed and work for only a few hours.

## Dosage

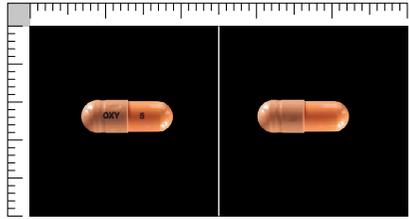
For more minor surgery, you may be prescribed fast-acting painkillers as needed.

## Adverse effects

Nausea, vomiting, drowsiness, dizziness, itchy skin, and constipation are the most common side effects. Overdose causes a decrease in the level of consciousness.

## Safety precautions

Effects potentiated by concurrent use of sedatives and alcohol.



Oxycodone "Teva", 5 mg

## ⚠ Driving and using machines

Oxycodone causes drowsiness. May affect your ability to drive and use machines. Consequently, you must not drive a car, motorcycle or bicycle, or perform work involving tools or machines.

If you need to use Oxycodon for a longer period, talk with your doctor about when you can resume driving. Do not drive while you are taking fast-acting tablets.

# Gabapentin

Also sold under the names Neurontin, Gabamed or Gabaratio.

Prescription-only medication.

## Effects

Anti-epileptic medication is also used as part of pain management. Gabapentin is effective for nerve pain, which typically produces stinging, burning or stabbing pain.

## Dosage

The recommended dose at Aleris is 400 mg twice daily.

## Adverse effects

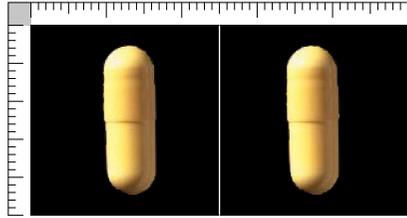
Dizziness, drowsiness, involuntary muscle twitching and fatigue. Some patients may experience abdominal discomfort. Overdose causes a decrease in the level of consciousness.

## Safety precautions

Effects potentiated by concurrent use of sedatives and alcohol.

## **⚠** Driving and using machines

Gabapentin may cause side effects that can affect your ability to drive and use machines. You should not drive, operate complex machinery or engage in other potentially hazardous activities until you know how Gabapentin affects you.



Gabapentin "actavis", 300 mg



Gabapentin "Phizer", 400 mg

# Klorzoxazon

Marketed as 250 mg tablets.

Prescription-only medication.

## Effects

Muscle relaxant. May reduce muscle pain and tension following surgery.

## Dosage

The recommended dose at Aleris is 250 mg three times daily. The maximum dose is 500 mg four times a day.

## Adverse effects

Fatigue, dizziness and abdominal discomfort are the most common side effects.

## Safety precautions

Effects potentiated by concurrent use of sedatives and alcohol.

## △ Driving and using machines

# Ondansetron

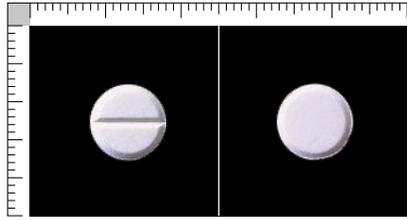
Also sold under the brand name Zofran. Prescription-only medication.

## Effects

Used to treat nausea, including postoperatively.

## Dosage

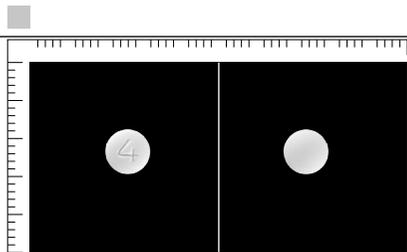
We recommend a 4 mg dose at Aleris. You may be prescribed the drug as regular medication for a few days. The maximum dose is 16 mg within a 24-hour period.



Klorzoxazon, 250 mg

Klorzoxazon causes drowsiness. May affect your ability to drive and use machines. Consequently, you must not drive a car, motorcycle or bicycle, or perform work involving tools or machines.

If you need to use Klorzoxazon for a longer period, talk with your doctor about when you can resume driving.



Ondansetron "BMM Pharma", 4 mg

## Adverse effects

Headache, constipation, redness and a sensation of feeling warm are the most common side effects.

## Safety precautions

Caution is advised in liver impairment and heart disease.

# Bisacodyl

Sold under the names Perilax, Toilax and Dulcolax.

## Effects

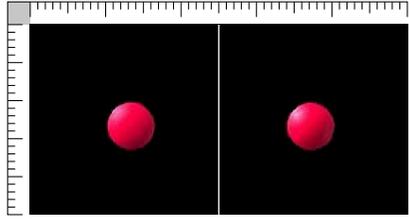
Promotes peristalsis and is used to treat constipation during concomitant use of morphine-like painkilling medication.

## Dosage

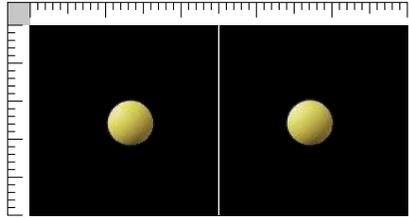
At Aleris, a dose of 5 mg once daily is recommended. May be increased as needed.

## Adverse effects

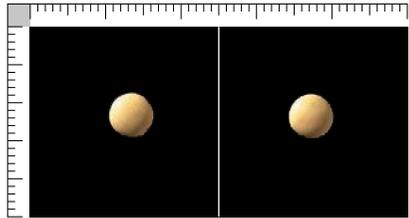
Stomach ache, nausea and diarrhoea are the most common side effects.



Perilax, 5 mg



Toilax, 5 mg



Dulcolax, 5 mg

# Magnesia

## Effects

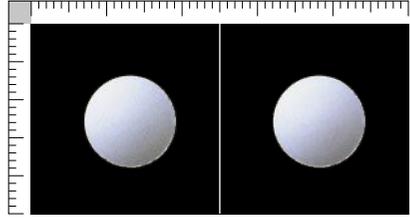
Stool softener, used to treat constipation.

## Dosage

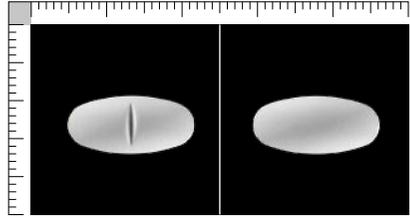
At Aleris we recommend a dose of 2 tablets once daily. Can be increased if necessary.

## Adverse effects

Stomach ache, nausea and diarrhoea may occur.



Magnesia "medic", 500 mg



Magnesia "DAK", 500 mg



# Xarelto

Prescription-only medication.

## Effects

Taken to prevent blood clots, including postoperatively.

## Dosage

Xarelto is taken as 1 tablet daily, commencing after surgery.

## Adverse effects

The medicine may increase the risk of bleeding.

## Safety precautions

Should only be taken with other anti-thrombotic medication after consultation with a doctor.



Xarelto 10 mg

# Ketogan

Prescription-only medication.

## Effects

Strong painkilling medication, used to treat strong acute pain, when lighter painkillers is not sufficient. It can also be used to treat postoperative pain.

## Dosage

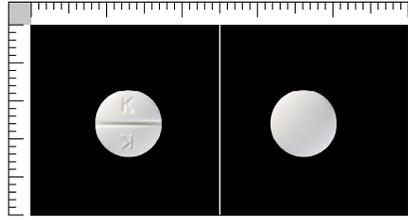
You may be prescribed Ketogan as needed or as a regular dose ie 4 times daily.

## Adverse effects

The most common side effects are nausea, vomiting, drowsiness, dizziness, dry mouth, difficulties with urination and constipation.

## Safety precautions

Ketogan can enhance the effect of sleeping medicine, sedative medicine and antidepressant drugs. Effects potentiated by concurrent use of sedatives and alcohol.



Ketogan, 25 mg

## ⚠ Driving and using machines

Ketogan causes drowsiness. It may affect your ability to drive and use machines. Consequently, you must not drive a car, motorcycle or bicycle, or perform work involving tools or machines.

If you need to use Ketogan for a longer period, talk with your doctor about when you can resume driving. Do not drive while you are taking Ketogan.

# Pain-relieving medication after your operation

Experiencing pain after the operation is normal.

How much pain you can expect depends on a number of factors, including what surgery you have undergone, and whether you are used to taking painkillers.

## Principles of pain management

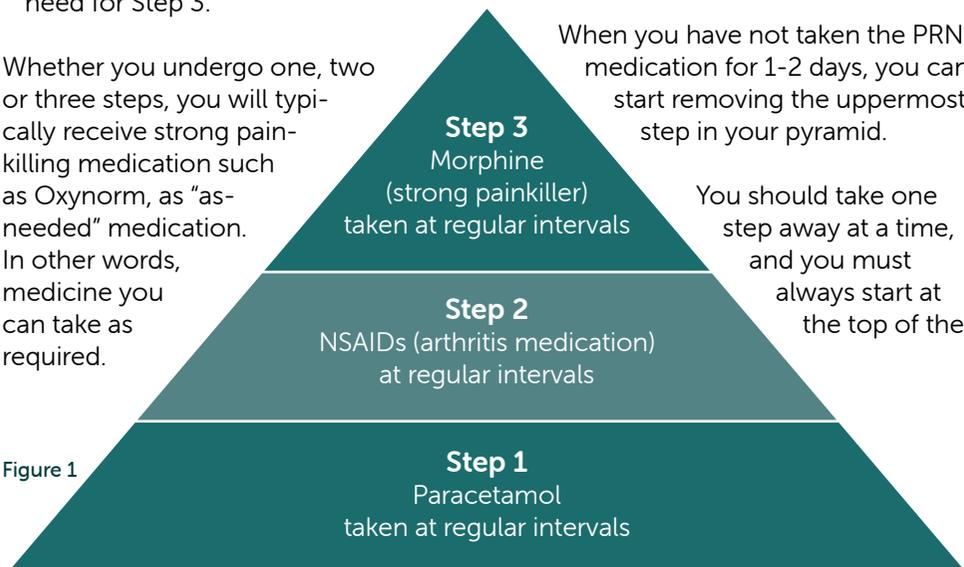
The specialist makes an individual plan for you based on what he/she expects you to need.

The treatment is planned as shown in Figure 1.

- The starting point is always Step 1
- The next step is Step 2, if this is needed
- For major surgery, there may be a need for Step 3.

Whether you undergo one, two or three steps, you will typically receive strong pain-killing medication such as Oxynorm, as “as-needed” medication. In other words, medicine you can take as required.

Figure 1



You may also need to take Klorzoxazon or Gabapentin (see box on next page).

## How do you phase out the medication?

The point at which you no longer need strong painkilling medication is highly individual. The most important thing is that you feel continuous improvement in the amount of pain you experience. Many people try to phase out the painkilling medication prematurely, but this can result in worsening of the pain.

We can not give everyone a precise phasing-out plan to take home. This is a guide to the principles of phasing out. It is important that you ask your own doctor for advice if you have any questions about phasing out your medication.

pyramid, as shown in Figure 1. Begin by phasing out the strong painkillers in Step 3, then Step 2, and finally you can also remove Step 1.

Phase out the medication slowly. Do this by removing one dose at a time. Choose the time when you can best do without the medication, e.g. in the morning or at midday.

Move on to the next day and if this goes well, you can remove another dose. Continue doing this until this step is removed. Then phase out the next step in the same way.

If you are receiving the strong painkiller, Oxycodon DEPOT, regularly (Step 3), we recommend that you only remove 10 mg at a time on alternate days. You may have been given a separate form for phasing out.

### **Gabapentin**

If you are also receiving Gabapentin, you should treat this as an independent Step. Gabapentin then becomes Step 3 and morphine Step 4.

Many people find the best result is by stopping taking the morning tablet. If this works well over 2-3 days, you can stop taking Gabapentin entirely. If you are taking more than one tablet at a time, you should follow the principles described for strong painkillers (remove one tablet at a time).

### **Dependence and withdrawal**

It is a myth that you become dependent on strong pain medication after surgery. Dependency may result from use of the strong morphine-like medications, but this does not normally occur with over a few days/a few weeks to treat postoperative pain.

In longer term use, some individuals may experience withdrawal symptoms if the treatment with strong painkillers is stopped abruptly. Symptoms of withdrawal include restlessness, sweating, inner restlessness, abdominal pain or worsening of pain after surgery. Withdrawal symptoms are not dangerous, but if you experience these symptoms after you stop treatment with strong painkillers, contact your doctor.

### **Klorzoxazon**

If you are also receiving Klorzoxazon you should treat this as an independent Step. You should phase out Klorzoxazon when you have phased out the strong painkillers and Gabapentin.

For example, you can stop taking the midday tablet. If this goes well, you can stop taking the morning tablet and finally the nighttime tablet.

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