New Zealand Formulary
PATIENT INFORMATION

DIHYDROCODEINE

dye-hye-dro-koe-deen

What does it do?

Dihydrocodeine is used to relieve pain.

Before you start

- Tell your doctor if you have bowel problems, or have had a recent head injury.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *dihydrocodeine* as directed with a glass of water. You can take it with or without food. Swallow whole - do not crush or chew.

What if you forget a dose?

If *dihydrocodeine* is taken regularly and it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *dihydrocodeine* including:

- cough suppressants (e.g. Duro-Tuss®, Benadryl Dry Forte®)
- sedating antihistamines (e.g. Phenergan®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Slow or shallow breathing, hard to wake up	Tell your doctor immediately
Confusion, mood changes Tummy pain (new or getting worse)	Tell your doctor
Constipation	Take your prescribed laxatives. Tell your doctor
Drowsiness, dizziness Nausea, vomiting, dry mouth or throat Sweating	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Dihydrocodeine* can be taken regularly or when required. If *dihydrocodeine* is not relieving your pain contact your health professional.
- *Dihydrocodeine* may be used with other pain relievers (e.g. paracetamol).
- *Dihydrocodeine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- *Dihydrocodeine* may be addictive with long-term use.
- If you have been taking *dihydrocodeine* regularly for a long time, talk to your doctor before stopping.

This leaflet contains important, but not all, information about this medicine.
Prepared by the MyMedicines Committee at Christchurch Hospital, Te Whatu Ora - Waitaha, New Zealand. March 2023