



TRAMADOL

tra-mah-dol

What does it do?

Tramadol is used to relieve moderate to severe pain.

How should you take it?

Take *tramadol* as directed with a glass of water.

Swallow the slow release tablets whole.

Measure the liquid carefully with an oral syringe or measuring spoon.

What if you forget a dose?

If *tramadol* is taken regularly, take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

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

- sedating antihistamines (e.g. Phenergan®)
- cough suppressants (e.g. Duro-Tuss®, Benadryl Dry Forte®)
- pain relief medicines containing codeine (e.g. Panadeine®)
- some migraine medicines, such as sumatriptan (e.g. Sumagran Active®) or zolmitriptan (e.g. Zomig®)

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

What side effects might you notice?

Side Effects	Recommended action
Muscle twitching or shaking you can't control, confusion, heavy sweating, fever Slow or shallow breathing, hard to wake up Change in heartbeat Seizures	Tell your doctor immediately
Constipation Dizziness, agitation, hallucinations, mood swings, trouble sleeping	Tell your doctor
Drowsiness, weakness, headache Nausea, vomiting, stomach upset Dry mouth or throat, changes in vision, trouble peeing Swollen feet or legs Flushing	Tell your doctor if troublesome

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

Other information:

- Tell your doctor if you have liver, lung, kidney, bladder, bowel or heart problems, if you have depression, have ever had a seizure, or have had a recent head injury.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- *Tramadol* can be taken regularly or when required. If *tramadol* is not relieving your pain contact your health professional.
- *Tramadol* 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?)
- *Tramadol* may be addictive with long-term use.