

Emergency Department Pain Control

General Information

Pain is an unpleasant feeling that is conveyed to the brain as a result of injury or disease. Most pain can be managed at home using over the counter analgesic (pain reducing) medications from a pharmacy, which do not require a prescription. If it is expected that over-the-counter drugs will not provide relief or you have already attempted them prior to attending the emergency, a doctor may prescribe stronger medications or provide you with a small amount to take home with you.

The goal of pain control is to reduce pain enough to allow you to complete your basic daily functions. Although resting for short periods can alleviate pain, too much rest may actually increase pain and put you at greater risk of injury when you again attempt movement.

Instructions

Take both medications. Follow the instructions carefully.

- **Ibuprofen** (also called Advil or Motrin) _____mg every 6 hours (while awake) if needed. **Take with 500ml water. Hard on your stomach if you take too long.**
- **Acetaminophen** (also called Tylenol) _____mg every 6 hours (while awake) if needed. **DO NOT take this if you are also taking Tylenol #3.**

You can get both medications from a pharmacy or grocery store. You do not need a prescription.

Contact your Family Doctor for the following:

- Pain becomes too bad.
- You require more prescriptions for pain medications.

For more information or questions contact HealthLinkBC at 811.

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