

Managing pain without over-the-counter codeine

New rules for medicines with codeine give us all a chance to rethink pain and symptom management.

What changed?

From 1 February 2018, all codeine medicines became prescription only.

Over-the-counter medicines that contain codeine are no longer available from pharmacies in Australia.

Codeine is an opioid medicine. Health professional advice, management plans and follow-up are important for people taking an opioid medicine.

Which brands are affected?

- ▶ Panadeine, Panadeine Extra and Mersyndol
- ▶ Nurofen Plus and Panafen Plus
- ▶ Aspalgin, Disprin Forte and Codis
- ▶ Codral Original Cold & Flu and Demazin Day & Night Cold & Flu
- ▶ Generic medicines (eg, 'pharmacy branded') containing codeine.

How do I manage my pain now?

Work with your healthcare professional to understand why you have pain. A correct diagnosis is important to make sure you get the best possible pain relief.

For mild or moderate short-term pain (eg, a headache or pain from an injury), there are effective over-the-counter pain relievers still available. There are also non-medicine treatments (eg, heat packs, rest).

Your doctor, nurse or pharmacist can provide advice that is specific to your needs.

For pain that is severe, regular or long-lasting, a doctor's examination can help find the cause. Codeine is not recommended, but other prescription medicines may help. Talk to your doctor.

Where can I go for more information?

www.tga.gov.au/codeine-info-hub

www.nps.org/otc-codeine

For medicines information: **Medicines Line** (Monday – Friday, 9am – 5pm AEST)
1300 MEDICINE (1300 633 424)

My pain management action plan

Medicines

Type of pain/diagnosis	What to take	How much/how often	Other instructions

Non-medicine treatments

Type of pain/diagnosis	Treatment	How often	Other instructions