

## Treating your pain safely

Thank you for coming to see me today.

You probably have some inflammation or swelling that's causing your pain. I can prescribe an anti-inflammatory for you to take by mouth, such as ibuprofen tablets, but these medicines sometimes have side effects. For example, they make some people bleed from the stomach. This is not common, but it can be serious.

So I'd like to try the safest options first. Not all of these may be appropriate for you, but I've ticked the one(s) below that we've agreed to start today. If this doesn't control the pain, please come back to see me and we can try something else.

Today, for your pain, I have:

- Recommended some exercise, compression packs, or ways to rest.
- Advised you to take regular paracetamol to treat the pain.
- Prescribed a painkiller that isn't an anti-inflammatory.
- Recommended an anti-inflammatory gel to rub on the affected area.
- Referred you to a physiotherapist.

If I've prescribed an anti-inflammatory for you, then we've agreed that you will:

- Take it for **just a few days**.
- Start with the **low dose** that I've prescribed.
- Use **an anti-inflammatory** which has less risk of causing a bleed.
- Take it **with a medicine to protect your stomach**.
  
- Not have it on a repeat prescription so we can review the pain regularly.

Please read the information leaflet that comes with any medicine that I prescribe today. This means you'll know about the side effects and what to do if you get them.

Patient details or practice stamp:

