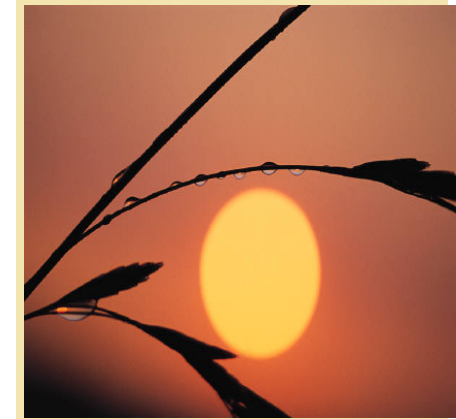




Medication



**&back
pain**



+ Medication for back pain

- Taking medication for back pain can be helpful during a painful episode
- The most common types of medications for back pain include **painkillers, anti-inflammatories and muscle relaxants**
- You do not need to take all 3 at once but it is generally advised to take painkillers and anti-inflammatories for a couple of weeks to see if it makes a difference to the pain
- If you have a lot of spasm, then muscle relaxants could help
- It is important not to rely purely on medication
- Try to keep active, exercise and take a healthy approach
- Always read the instructions for use
- Follow the precautions and advice
- Speak to your GP for further information



+ Painkillers

- Used to reduce pain by interfering with signals from your brain
- It is important to take them correctly and regularly to see an effect
- 1) PARACETAMOL: Good for mild to moderate pain and usually taken as a 500mg dose up to 4 times per day
- 2) Stronger painkillers include co-codamol, co-dydramol, codeine, tramadol. These need to be prescribed by your GP if the weaker ones did not help



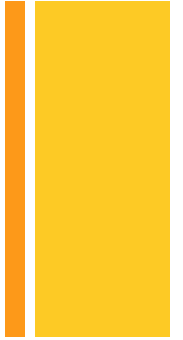
Anti-inflammatories (NSAIDs)



- Non-steroidal anti-inflammatory drugs help reduce inflammation around the painful area
- There are more than 20 different NSAIDs
- Most common ones are Ibuprofen and Naproxen
- IBUPROFEN, NAPROXEN: Available over the counter in 200-400mg doses and is taken up 4 times per day with food as it can irritate the stomach.
- Important to take regularly as recommended for 1 or 2 weeks to see results and effects
- Ibuprofen creams and gels are also available and can be rubbed onto the painful area
- Other NSAIDs include Aspirin, Diclofenac, Voltarol



Muscle relaxants



- Used to treat muscle spasms which are often associated with back pain
- Muscle relaxants have an overall sedative effect on the body
- DIAZEPAM is the most common one. It works by affecting chemicals in the brain that may become unbalanced
- Other types include Baclofenac, Dantrolene, Tizanidine



Mr. O'Dowd's recommendation



- Taking anti-inflammatories for at least 7-10 days can be effective
- Often combining anti-inflammatories AND simple painkillers helps
- Speak to your GP if you are taking other medications