



Main Switchboard: 020 8505 3311

Pharmacy: 020 8936 1223

Email: info@theholly.com

Visit: theholly.com

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The Holly
PRIVATE HOSPITAL

Medication

Patient information leaflet

Patients who leave The Holly Private Hospital after having any surgical/medical procedure may be provided with pain relief and antibiotics medication to take home. This information sheet is provided to all patients leaving hospital as a brief reference source for any queries about their medication. All medication containers should have a label on them to specify the instructions for taking them. Below you will see a list of only commonly prescribed medication for adults as well as any general information you should be aware of.

If you have been provided with medication which is not on this list, or if you require any additional information, see the pharmacy label on the container. Or look through the patient information leaflet which should be present in any container of medicines which you have been given by The Holly Private Hospital. If this is missing contact our Pharmacy Department on 020 8936 1223.

Opening Times

8.30am to 8.00pm

Monday to Friday

9.00am to 1.00pm

Saturday

Analgesics Paracetamol

**Mild pain relief medication,
acts quickly (available without
prescription)**

You should not take more than 2x500mg tablets at any one time and no more than eight tablets in any 24-hour period. Do not take with any other paracetamol-containing products as this may result in you receiving more than the maximum daily allowance. Paracetamol will not relieve any swelling or inflammation.

Co-Codamol

(contains paracetamol and codeine)

Moderate pain relief medication, acts quickly

This medicine comes in three strengths. You will be given either:

- 8/500 – each tablet contains 8mg codeine and 500mg paracetamol
- 15/500 – each tablet contains 15mg codeine and 500mg paracetamol.
- 30/500 – each tablet contains 30mg codeine and 500mg paracetamol.

You should not take more than two tablets at any one time and no more than eight tablets in any 24-hour period. Do not take with any other paracetamol-containing products as this may result in you receiving more than the maximum daily allowance of paracetamol. Co-codamol will not relieve any swelling or inflammation. May cause drowsiness and constipation.

Co-Dydramol

(contains paracetamol and dihydrocodeine)

Moderate pain relief medication, acts quickly

- Each tablet contains 10mg dihydrocodeine and 500mg paracetamol.

Do not take more than two tablets at any one time and no more than eight tablets in any 24-hour period. Do not take with any other paracetamol-

containing products as this may result in you receiving more than the maximum daily allowance of paracetamol. Co-dydramol will not relieve any swelling/inflammation. May cause drowsiness and constipation.

Anti-inflammatory pain killer

eg Diclofenac, Ibuprofen, Naproxen, Celebrex

Mild to moderate pain relief medication and anti-inflammatory acts quickly.

Speak to your doctor before taking this medicine if you suffer from asthma or have a history of stomach ulcers. Follow the instructions on the label which say how often to take this medicine and always take these tablets with or after food. Do not take more than the prescribed dose.

Common side effects associated with the long-term use of NSAIDs include: indigestion, heartburn and less commonly stomach ulcers.

Tramadol

Strong pain relief medication, acts quickly

Each capsule contains 50mg Tramadol. You should not take more than two capsules at any one time and no more than eight capsules in any 24-hour period. Tramadol will not relieve any swelling or inflammation. May cause drowsiness and constipation.

Please note – We will usually supply only ONE original pack of any of the pain relief medication described in this booklet. This will normally constitute a few days' supply depending on how often you require the medication. If any prescribed medicines do run out and you still require pain relief medications you may:

- Speak to your consultant / GP regarding a further supply
- Buy paracetamol, ibuprofen or co-codamol 8/500 tablets from any pharmacy.

Antibiotics

Antibiotics are prescription only medications used to treat or prevent infections caused by bacteria.

If you are having an operation, you may be given antibiotics to prevent infection. You will also be given antibiotics after certain procedures to prevent infection.

Before taking your antibiotic, tell your doctor or pharmacist if you:

- Have any history of medication allergies
- Have any liver or kidney problems
- Are pregnant or breast feeding.

Some antibiotics may interact with alcohol, food or some medications. Avoid drinking alcohol when taking medication or when feeling unwell. However, it is unlikely that alcohol in moderation will cause problems if you are taking most common antibiotics. Inform your doctor/pharmacist of any regular medications that you take including medicines you buy. Always

follow the instructions from your doctor or pharmacist and information provided for you on the label and patient information leaflet from the medication package.

Antibiotics may have side effects. Common side effects may include diarrhoea, stomach upset, nausea or vomiting.

More information can be found on the leaflet in the package. If you suffer from the side effects caused by the antibiotic or if the symptoms of the side effects persist then contact your doctor. Many people who think they are allergic to antibiotics may in fact be experiencing the side effects of the drugs which are in no way related to the allergic reactions.

Common signs and symptoms of allergic reactions (applies to all medications) may include rash. More serious reactions include:

- swelling of the face and tongue
- difficulty in breathing after taking antibiotics.

If you are having an allergic reaction after taking an antibiotic, stop taking the medication and contact your doctor immediately for advice.

Always tell your doctor, nurse or pharmacist if you have had an allergic reaction to an antibiotic and remind them of your allergy before you receive antibiotics.