

Where to go for further information:

- Your doctor
- Your pharmacist
- NPS MedicineWise
- 13HEALTH (1343 2584)
- Arthritis Australia website: arthritisaustralia.com.au
- Australian Institute of Health and

Information to create this document was obtained from the following sources:

1. Arthritis Australia website (arthritisaustralia.com.au)
2. Australian Institute of Health and Welfare (www.aihw.gov.au. Treatment and management of arthritis. Last updated 30/07/2020).
3. Therapeutic Guidelines Limited 2021 (www.tg.org.au. Non-opioid analgesics in pain management. Last updated March 2021.)
4. Australian Medicines Handbook (amhonline.amh.net.au. Paracetamol. Last updated July 2021).

Contact us

Ipswich Hospital pharmacists are ready to assist you with your medicines.

Please contact us if you have any medicine-related enquiries.

Phone: 07 3810 1222

**Address: Pharmacy Department
Ipswich Hospital,
Chelmsford Ave
Ipswich QLD, 4305**

Email: ipswichpharm@health.qld.gov.au

Interpreter Services

available 24 hours a day, seven days a week at no charge.
Please contact our staff for assistance.



Managing mild to moderate pain with over-the-counter pain medicines

Paracetamol

A medicine for pain relief



Pain management options

There are many ways to manage pain. Often lifestyle changes and medicines are required for optimal pain control.^{1,2}

Your health professional can help tailor a plan just for you.

Lifestyle factors

Physical (Body)	Psychological (Mind)	Social (Lifestyle)
Physiotherapy Gentle exercise Hot or cold packs	Relaxation Distraction Cognitive Behavioural Therapy (CBT)	Healthy eating Smoking reduction/cessation Reduce alcohol Better sleep habits



Paracetamol

There are many ways to treat pain. Usually **paracetamol** is the first medicine trialed, as it has been shown to be **effective** and **safe** at the recommended doses for most people.³

Recommended doses*⁴

Paracetamol 500mg tablet (Some brand names include: Panamax®, Panadol®, Febridol®)	Adult dose: 1-2 tablets every FOUR to SIX hours. Maximum 8 tablets (=4g) per day
Paracetamol 665mg tablet (Some brand names include: Panadol Osteo®, Osteomol®, Osteo Relief®)	Adult dose: 1-2 tablet every SIX to EIGHT hours. Maximum 6 tablets (=3.99g per day)

*It is recommended you use **only one** paracetamol-containing product at a time. Taking more than the recommended dose may be harmful.⁴

How to get the most out of your medicine

- Paracetamol can be taken either with, or without, meals.
- Paracetamol takes about 30 minutes to become effective. If pain is triggered by certain activities, take paracetamol as required, 30-60 minutes before that activity.⁴
- For chronic or persistent pain, paracetamol is best taken at regular intervals to give you continuous pain relief.^{3,4}
- If symptoms improve, consider a trial of stopping or reducing your paracetamol and monitor your pain levels.

When to see your GP

- If you have a liver condition, liver disease, or liver impairment, consult your GP before taking paracetamol.⁴
- If your pain persists despite optimal doses of paracetamol, consult your healthcare professional.