

HOW TO GET THE MOST MILEAGE OUT OF A PAIN PILL

- Talk to your pharmacist to be sure you understand how to take your pain pills.
- If your pain exists around the clock then you need to take your pain pills around the clock.
- Prevent pain rather than chase it.
- Get your pills on a regular schedule.
- Set an alarm clock if needed.
- For most pain medications, you should eat before you take them.
- Be sure you have regular bowel movements when you are on pain pills
- Take frequent rest periods during the day
- Learn to relax. It takes practice, practice, practice.
- Try heat and cold packs to the painful area or the opposite side of the body
- Try massage and distraction techniques.
- Use music that is soothing to you.
- Use mentholatum creams or capsaicin creams.
- Be sure your doctor know if you are taking any over-the-counter pain medications such as aspirin, Motrin, Advil, Ibuprofen, Tylenol, acetaminophen, Aleve, Naprosyn.
- **Do not take more pills than your doctor tells you to take.**
- **Do not share your pills with your friends and do not take someone else's pills.**

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