

# Tramadol

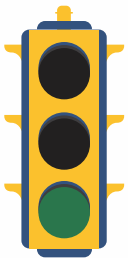
## Information for patients and carers



Tramadol is a pain reliever. You may be prescribed tramadol if you have moderate to severe pain, and other pain relievers have not worked.

**Only take tramadol if it has been prescribed for you by a healthcare professional.**

Tramadol should usually only be taken for short periods (less than 3 months)



Your prescriber will usually start a short trial of treatment (2-4 weeks) to see if tramadol is the right medicine for you. This will also lower the chance of you taking tramadol for longer than you need.

Tramadol should only be continued if it reduces pain and allows you to do more.



If you are thinking of stopping treatment, **talk to your prescriber before you stop.**

Talk to your prescriber about gradually reducing your dose and stopping treatment if tramadol is not working for you or you have been on tramadol for a long time (more than 3 months).

Stopping tramadol too quickly can cause withdrawal symptoms such as flu-like symptoms, anxiety, insomnia, nightmares and feeling irritable.



**Taking too much tramadol can cause severe harm.  
Do not take more than has been prescribed for you.  
Do not lend or share your tramadol with anyone else.**



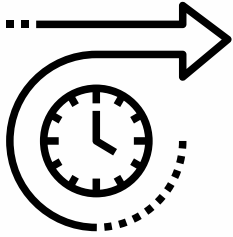
If you have taken more than you should then call your pharmacy, call NHS 111 Wales, or in an emergency call an ambulance - dial 999.



Common side effects include dizziness, sleepiness and tiredness, headache, constipation, dry mouth, nausea and vomiting and sweating.



If you feel that your reactions are affected, do not drive a car, do not use electric tools or operate machinery.



Taking tramadol for a long time (more than 3 months) may cause additional problems including tolerance (when the effects start to wear off), withdrawal effects, particularly if you stop suddenly, or addiction (the need to keep taking tramadol despite harmful effects).



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Other medicines may affect the way tramadol works, and increase the chance of you having side effects.

Talk to your prescriber if you are taking warfarin, medicines to help with sleep or with anxiety (e.g. diazepam, lorazepam), medicines for depression, medicines for epilepsy, any other pain relievers, or alcohol or other recreational drugs.



If you are pregnant, or breast feeding, tramadol may not be suitable for you.

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Tramadol may not be suitable for children, older people, people with certain medical conditions, or people who are taking certain medicines.



Pain relievers do not work for everyone.  
Focus on moving more.  
Staying active every day should help.

Other ways to help manage pain and improve function...

keep active



physiotherapy



pain specialist



find enjoyable activities



different medicines



set small personal goals



If you need something else for your pain or have any other questions, talk to your pharmacist or prescriber.

Always read the label, and leaflet inside the box.  
Make sure you know exactly what the medicine is, and what it is for.

For further information.....

- Action on Pain: [www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)
- Welsh Pain Society: [www.welshpainsociety.org.uk](http://www.welshpainsociety.org.uk)
- British Pain Society: [www.britishpainsociety.org](http://www.britishpainsociety.org)
- Pain Concern: [www.painconcern.org.uk/](http://www.painconcern.org.uk/)
- The Pain Toolkit: [www.paintoolkit.org/](http://www.paintoolkit.org/)
- My Live Well With Pain: [my.livewellwithpain.co.uk/](http://my.livewellwithpain.co.uk/)
- NHS Chronic Pain A-Z health (<https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/>)



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