



**NHS**



# HAVE YOU BEEN USING PAIN MEDICATION FOR MORE THAN **3 MONTHS?**



**If so, it's time to book a pain review with a pharmacist or GP at your practice.**



**PAINKILLERS  
DON'T EXIST.**

**They're only a short-term solution**



# PAIN MANAGEMENT

If you have been taking pain medication for longer than three months, it's time to book a pain review with a pharmacist or GP at your practice.

You may become addicted to pain medication if you take them for longer.

At a pain review your pharmacist or GP will explore how your pain is affecting you. You might be asked to complete a pain management plan, to help better understand your pain and the main barriers to improve your quality of life.

Unfortunately, pain medication usually can't remove all pain. There is no simple answer, and each person's experience is unique. That's why it's important to work with your clinician to make a plan that gives you confidence in self-managing your pain.