



NHS

Taking pain medication for more than 3 months could leave you at risk of being unintentionally addicted to medication.

It's important to book a pain review with your GP where you can develop a pain management plan that's right for you.



**HERE
TO
HELP**

TODAY'S DATE:

DATE IN 3 MONTHS:

If you've not heard from your GP
by 3 months book a pain review.

painkillersdontexist.com

**PAINKILLERS
DON'T EXIST.**

They're only a short-term solution