



Pain Control

Pain is an unpleasant feeling that is conveyed to the brain as a result of injury or disease. Most pain can be managed at home using over-the-counter analgesic (pain reducing) medications from a pharmacy, which do not require a prescription. If it is expected that over-the-counter drugs will not provide relief, a doctor may prescribe stronger medications or provide you with a sample to take home with you. The goal of pain control is to reduce pain enough to allow you to complete your basic daily functions. Although resting for short periods can alleviate pain, too much rest may actually increase pain and put you at greater risk of injury.

How to Care for Yourself at Home

If you have been told to take these medications, follow the instructions carefully:

For Ibuprofen (also called Advil or Motrin) ___mg every 6 hours (while awake) if needed. Take with 500ml water. Ibuprofen can cause stomach problems if you take it for too long.

For Acetaminophen (also called Tylenol) ___mg every 6 hours (while awake) if needed. **DO NOT take Acetaminophen if you are also taking Tylenol #3.**

You can get these medications from a pharmacy or grocery store. You do not need a prescription.

When to Get Help

- **See your health care provider if you are experiencing any of the following:**
- + Pain becomes unmanageable.
- + You require more prescriptions for pain medications.

TO LEARN MORE ASK

- + Your Primary Care Provider.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.

RECOMMENDED FOLLOW UP

- Follow up with your Primary Care Provider in ___ days.

ADDITIONAL INFORMATION

Reproduced with permission from Vancouver Coast Health.

Find this information sheet on the ECBC website:

https://emergencycarebc.ca/clinical_resource/pain-control/