

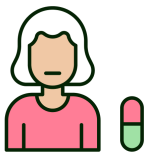
## Understanding **NON-OPIOID PAIN** Medications

Common medications: Acetaminophen (Tylenol), NSAIDs (Ibuprofen/Advil/Aleve/Naprosyn), Gabapentin (Neurontin)

### How will this medication help

- > They decrease pain and are useful for mild to moderate pain. They are not effective for severe pain
- > Less pain means being able to be more active, sleep better, and have higher quality of life
- > These medications usually do not cause drowsiness like the Opioids
- > They can be taken with Opioids

### How to take



Take it by mouth

All oral medications should be taken with fluids (not swallowed dry)

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### When will it work



It can start working in about 30 MINUTES

It is important to take these medications if there is any pain, they should not be held because the "pain is not so bad"

## Acetaminophen (Tylenol):

Do not take more than 3 gms per day (That is 6 extra strength 500mg tabs or more than 9 regular strength 325mg tabs)

Remember that some opioid preparations (Vicodin, Norco) include Acetaminophen and this needs to be included in total daily dose

## NSAIDs:

Should be taken with food or after a meal

If have history of kidney problems or history of bleeding or ulcers, discuss with Hospice Team if safe to take

Usual dosing of Ibuprofen (Advil) is 400-600 mg three times per day, Naprosyn (Aleve) is 250 - 500mg twice a day

## Gabapentin (Neurontin):

Often used for nerve pain (Neuropathic pain)

Dose range varies quite a bit, from 100-300 mg, 1-3 times per day. Dosing can be even higher, discuss with Hospice Team

Often taken along with other pain medications

## Common side effects



**Tylenol** - Very rare as long as stay within dose recommendations



**NSAIDs** - Upset stomach, kidney injury, increased risk of bleeding



**Gabapentin** - Drowsiness, constipation

### Serious side effects - **Call Hospice**



Nausea and vomiting



Uncontrolled pain



Painful stomach cramps or bleeding