

DIHYDROCODEINE

dye-hye-dro-koe-deen

What does it do?

Dihydrocodeine is used to relieve pain.

How should you take it?

Take *dihydrocodeine* as directed. Swallow the tablets whole with a glass of water.

What if you forget a dose?

If *dihydrocodeine* is taken regularly, take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *dihydrocodeine* including:

- cough suppressants (e.g. Duro-Tuss®, Benadryl Dry Forte®)
- sedating antihistamines (e.g. Phenergan®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. valerian) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Slow or shallow breathing, hard to wake up Change in heartbeat	Tell your doctor immediately
Constipation Confusion, mood swings	Tell your doctor
Drowsiness Nausea, vomiting, dry mouth or throat, stomach upset Sweating	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you have lung, bowel, liver, kidney or heart problems or have had a recent head injury.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- *Dihydrocodeine* can be taken regularly or when required. If *dihydrocodeine* is not relieving your pain contact your health professional.
- *Dihydrocodeine* may be used with other pain relievers (e.g. paracetamol).
- *Dihydrocodeine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- *Dihydrocodeine* may be addictive with long-term use.