Patient sticker

**Your current regime of pain relief**

1.

2.

3.

4.

5.

6.

**Plan for reduction**

Strong pain relief medications of the opioid family have long term side effects that we wish to avoid, these can include:

* Constipation
* Poor memory/disordered thinking processes
* Increased infection
* Diabetes
* Addiction

Some people find it helpful to keep a record of the pain relief they have taken each day to show if they are following their reduction plan.

Sign and date;