

# Information for Patients about Controlled Release Opioids Morphine Sulphate (MST) or Oxycodone (Oxycontin)

Morphine Sulphate and Oxycodone may reduce the level of your pain and allow you to increase your activity.

We advise you to read the information sheet that comes with your medicine.

## Dosage

Take only as directed. Your doctor will monitor you carefully to check that the dose is correct for you, and may adjust the dose to find the right level for you. You should not change the dose without discussing this with them first. If you feel that your medicine is not working then you should see your GP.

## Administration

- The painkiller in these medicines is slowly released. You should only take these every 12 hours. If it is effective, this means that you will have a continuous reduction in your pain.
- Take your medicines at the same time every day for example 8.00am and 8.00pm.
- Swallow your medicines whole with water. **Do not crush or chew them.**

- If you miss a dose take it as soon as possible. If you remember within 4 hours of the time your medicine was due, take it straight away. Take your next dose at your normal time.
- If you are more than 4 hours late, skip the missed dose.  
**Do not take two doses at one time to make up for your missed one.**

## Contraception and Fertility

Long term treatment with these medicines can cause infertility. If you are female and plan to have children, you should discuss this with your GP before starting this medication.

If you become pregnant, you may need to stop taking this medication but should discuss this with your GP first.

If you are male, there is a possible effect on male testosterone levels. Testosterone is the male hormone that is involved in making sperm.

## Possible Side Effects

- Some people will have constipation when they take these medicines. Your GP can prescribe a laxative to help.
- You may feel sick or vomit (be sick) when you take these medicines. This should wear off after a few days. Your GP can prescribe an anti-sickness medicine if it causes problems.
- You may find that you cannot concentrate or that you feel more sleepy than normal when you start taking these medicines or when your dose increases. This should wear off after a few days. You must tell the DVLA if you are on any medicines which affect your driving.
- These medicines may make some people unusually drowsy, and breathe more slowly or weakly than expected. If you or anyone else notices that this is happening, you should not take

any more of the medicine and call your GP or NHS 24 on **08454 24 24 24** straight away.

- The combination of these medicines with alcohol can cause significant drowsiness. We advise you not to drink when you first take this medication, and whilst increasing the dose. Once you are on a stable dose, you may drink alcohol, but only if the drowsiness has stopped.
- In a few people some of the following may occur: dry mouth, sweating, vertigo (head spinning), headache, mood changes, irregular heart beat, disorientation (confusion), facial flushing (redness of the face), hallucinations, bronchospasm (wheezy), and colic (a type of griping pain). Dizziness may be a particular problem in the elderly and possibly increase the risk of falling.
- Very occasionally, passing water may be difficult. On rare occasions there have been reports of patients having a lower blood pressure and a slower heart beat. Some patients may suffer from an allergic reaction such as a rash or itching.

Side effects usually improve in time. If you are concerned about any of these side effects or if you have any other problems you should discuss this with your GP, Community Pharmacist or NHS 24 on **08454 24 24 24**

## **Stopping Medications**

Do not suddenly stop taking your medicine. You should gradually lower the dose. Call your doctor, pharmacist or nurse for directions.

## **Remember!**

- Never give your medicine to another person.
- Don't run out of your medicines.
- Ask for a repeat prescription before your medicines has finished.

- If you take too much of these medicines, or someone else accidentally swallows your medicine, contact your GP, or attend accident and emergency.
- If you have any questions about this medicine please contact your GP, Community Pharmacist or NHS 24.

**This leaflet is a summary of some information. However, you should still always read the manufacturers information which comes with your medication.**