各部门的姑息照护

患者信息

出院患者短期镇痛吗啡（速效或常规释放）的信息

其他名称——Oramorph® 液体或 Sevredol® 片剂

谁是这份小册子的目标受众？它的目的是什么？

这份小册子是为患者（及其家属或照护者）制定的，他们被医院短期镇痛吗啡（速效或常规释放）出院。

速效吗啡常用于中重度疼痛，其使用将在您离开医院前被解释，如有需要，不妨向医务人员询问更多信息或重复告知。

这些药物是安全有效的，当使用得当时会有所帮助。

疼痛管理可能是一个持续的过程，医务人员将与您一起调整药物剂量以满足需要。医务人员（包括医生、护士、药师、验光师）会知道您正在服用这些药物，您甚至在咨询他们与非相关问题时也应告知他们。

优点

您所开的药物将有助于控制疼痛，使您在家中更舒适、更活跃。

速效吗啡应在约30分钟后起效，持续约4小时。

服用吗啡

您可以在每4小时规律性地服用速效吗啡，也可以在疼痛发作时服用。您的医生或护士会建议您使用哪种方式，并评估您的反应和适合您剂量。

如果您的疼痛未得到有效控制，您可以在按时服药之间服用额外的剂量，但要在服药后半小时等待其生效。

Cambridge University Hospitals
NHS Foundation Trust

Innovation and excellence in health and care
Addenbrooke's Hospital | Rosie Hospital

Information for patients being discharged from hospital on short-acting Morphine for moderate to severe pain
Page 4 of 4
If you are finding that you need to take more than two extra doses a day, tell your doctor or nurse.

If you are taking short-acting morphine regularly and you miss a dose then take the dose as soon as you remember. Do not take a double dose to make up for the missed one. If you are sick and bring up the medicine, repeat the dose as soon as you feel better. If this happens again tell your doctor or nurse.

**Side-effects**

Morphine may cause you to feel sick (nausea) or to vomit when you first start taking it. Taking the medicine with food may help. It is likely that you will have been given an anti-sickness medication (anti-emetic) to take regularly when the painkiller is started. For most patients symptoms of nausea fade as the body gets used to the new drug. If they persist or are not controlled by anti-emetic medication, please speak to a doctor or nurse as alternatives that may suit you better are available.

Morphine may increase the risk of constipation and you may have been prescribed a laxative to take regularly whilst you are on Morphine. Maintaining a good fluid intake, being active and having fibre in your diet will also help.

Some mild drowsiness is common and will usually resolve over a few days whilst your body is getting used to the new medication, or after a change to a higher dose. Please avoid driving and operating heavy machinery if you are affected. If the drowsiness stops you from reading a newspaper, following the plot of a television programme or is not improving please seek medical advice promptly. Drinking alcohol with morphine will make you feel more drowsy.

These medications are safe for you. However, they are dangerous if they are taken by those they are not prescribed for. Please keep them out of the reach of children or anyone else who might take them inadvertently and if they are consumed seek prompt medical advice. They should be stored in the original container to protect from light and at a temperature not above 25°C.

**Common questions asked about Morphine**

**Isn’t Morphine something that’s only used at the end of life?**

No. Morphine is given for different sorts of severe pain. This may be as a result of a heart attack or after an operation. If you have cancer, treatment with morphine may be needed to allow you to live as pain free as possible. You can go on taking morphine for as long as you need to. The effects do not wear off with time and the dose can be increased or decreased as needed.

**Will I become addicted to morphine and be unable to stop taking it?**

If you no longer need your morphine, the dose can be reduced gradually by your doctor without problems.
What do I do if certain things like movement bring on pain?
Some people find that doing certain things like having a bath or going for a walk brings on the pain. Your doctor or nurse may suggest you try taking a dose of short-acting morphine 30 minutes before you start doing something that brings on the pain.

Will morphine always relieve my pain completely?
Although morphine is a very good pain killer, it is not helpful for all types of pain. Other treatments may be needed and suggested by your doctor or nurse.

How will I know if morphine is not going to work for some of my pain?
You may still have pain despite taking bigger doses of morphine and may feel unwell in one or more of these ways:

- Feeling more sleepy than usual
- Feeling sick more of the time
- Feeling restless or jumpy
- Experiencing bad dreams

Do not worry if this happens but do tell your doctor or nurse. Your doctor may reduce your dose of morphine and suggest other treatments to help the pain.

Can I drive?
Once you get used to taking morphine and do not feel sleepy or unwell you may be able to drive. You must not drive if you feel that your driving may be impaired. Recent advice from the Department of Transport advises patients to carry evidence that you have been prescribed Morphine by a doctor in case you are stopped by the Police.

Can I drink alcohol?
A small glass of wine, beer or a sherry may help you feel better and improve your appetite. It is best to avoid taking more than this as you may become too drowsy.

What do I do with the medicine if I stop taking morphine?
Tablets or liquids which are no longer needed, which are past their expiry date or no longer needed should be returned to a chemist.

Alternatives
Liquid morphine should be returned to a pharmacist three months after the bottle has been opened.

The clinical team looking after you will continue to aim to manage your pain as well as possible using a combination of drug and non-drug treatments. If you feel your pain is not as well controlled as possible (it may not be possible for you to be pain-free) there are many alternative options.
Patient Information

Please contact a doctor or nurse. While you are awaiting advice do not alter the amount of your medication that you are taking or stop taking it suddenly.

Contacts/Further information

Once you are discharged your GP or Community Specialist Palliative Care Nurse will be providing support to help you manage your pain and to help you use the morphine as effectively as possible.

References/ Sources of evidence


“Guidance for healthcare professionals on drug driving” Department of Transport, July 2014

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team:
patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history

Authors Dr Y Cartwright
Pharmacist D De Monterverde-Robb
Department Palliative Care Service, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number 01223 274404
Publish/Review date May 2017/May 2020
File name Short_acting_morphine_for_moderate_to_severe_pain_V3
Version number/Ref 3/PIN3461/Doc ID 21734

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team:
patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history

Authors Dr Y Cartwright
Pharmacist D De Monterverde-Robb
Department Palliative Care Service, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number 01223 274404
Publish/Review date May 2017/May 2020
File name Short_acting_morphine_for_moderate_to_severe_pain_V3
Version number/Ref 3/PIN3461/Doc ID 21734

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team:
patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history

Authors Dr Y Cartwright
Pharmacist D De Monterverde-Robb
Department Palliative Care Service, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number 01223 274404
Publish/Review date May 2017/May 2020
File name Short_acting_morphine_for_moderate_to_severe_pain_V3
Version number/Ref 3/PIN3461/Doc ID 21734