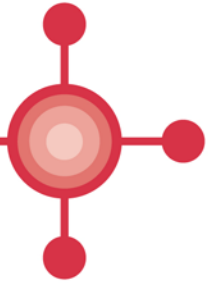


All Wales Medicines Strategy Group

Grŵp Strategaeth Meddyginiaethau Cymru Gyfan



# Tramadol Educational Resource Materials

## Shared Decision- Making Toolkit

November 2013

These educational resource materials have been prepared by a multiprofessional collaborative group, with support from the All Wales Prescribing Advisory Group (AWPAG) and the All Wales Therapeutics and Toxicology Centre (AWTTC), and has subsequently been endorsed by the All Wales Medicines Strategy Group (AWMSG).

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## TRAMADOL SHARED DECISION-MAKING TOOLKIT

Use this grid to help you and your clinician to decide whether you want to take tramadol or continue to take tramadol.

<p><b>What are my options?</b>  <b>What are the risks and benefits of these options?</b>  <b>How likely to occur are the benefits and risks of each option?</b></p>
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Shared decision-making is an approach that ensures all patients understand the key features, risks and benefits of treatment options, and can make a decision that is aligned with what is important to them.

Frequently asked questions	Tramadol						
What is tramadol and what is it used for?	Tramadol is a strong painkiller. It belongs to the class of opioids that act on the central nervous system. It is used to treat moderate to severe pain when other painkillers are not effective.						
What are the side effects of tramadol?	<p>All medications have side effects and the side effects experienced will differ from person to person. Tramadol may cause <b>drowsiness</b>. Make sure your reactions are normal before driving, operating machinery or doing any other jobs that could be dangerous if you were not fully alert.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Common</th> <th style="text-align: center;">Less common</th> <th style="text-align: center;">Rare</th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Constipation</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Hallucinations</li> <li>• Confusion</li> <li>• Convulsions</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li>• Addiction</li> <li>• Withdrawal effects (anxiety, sweating, stomach pain)</li> </ul> </td> </tr> </tbody> </table>	Common	Less common	Rare	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Constipation</li> </ul>	<ul style="list-style-type: none"> <li>• Hallucinations</li> <li>• Confusion</li> <li>• Convulsions</li> </ul>	<ul style="list-style-type: none"> <li>• Addiction</li> <li>• Withdrawal effects (anxiety, sweating, stomach pain)</li> </ul>
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I have seen tramadol feature in the media recently, what are the issues?	There have been recent concerns about the misuse of tramadol. The number of deaths involving tramadol rose from 83 in 2008 to 175 in 2012. The Advisory Council on the Misuse of Drugs recommended that the UK Government should reclassify tramadol as a controlled class C substance, and place it within Schedule III of the Misuse of Drugs Regulations. However, if taken according to the doctor's instructions, and by the intended person, there is little risk of experiencing any harmful effects and tramadol remains a useful painkiller for some patients.						
Can I overdose on tramadol?	Taken at the correct dose, as directed by your doctor, tramadol should not cause any problems. However, overdose of tramadol can result in breathing difficulties, fits, sickness, unconsciousness and death. The usual <b>maximum</b> dose for tramadol is <b>400 mg in 24 hours</b> , e.g. two 50 mg capsules up to four times a day. If you are taking a longer-lasting tablet you should not take this more than twice daily.						
Can I become addicted to tramadol?	<p>For most people, taking tramadol for pain does not lead to addiction or dependence. However, there is a risk that you may become addicted to or dependent on this medication especially if you take them regularly for long periods of time. If you take tramadol for a long time, you can become used to the effects and you may need to take higher doses to control your pain.</p> <p><b>You should not suddenly stop taking this medication unless your doctor tells you to.</b> If you want to stop taking tramadol, discuss this with your doctor first. They will tell you how to do this, usually by reducing the dose gradually so you do not experience unpleasant effects.</p> <p>If you suddenly stop taking tramadol, you may get withdrawal symptoms e.g.:  <b>Agitation, anxiety, palpitations, shaking, sweating</b></p>						
Will tramadol affect my other medication?	<p>Tramadol can interact with other medicines. This means it can affect the way other medicines work, or other medicines can affect the way it works. This can increase the risk of side effects. Taking tramadol with your other medications may not affect you but it is important to take extra care and speak to your doctor if you take other medication.</p> <p><b>Do not drink alcohol whilst taking tramadol.</b></p> <p><b>Take special care and speak to your doctor or pharmacist if:</b></p> <ul style="list-style-type: none"> <li>• You are taking medicine for depression</li> <li>• You are on medication for epilepsy</li> <li>• You take warfarin</li> <li>• You have any kidney problems</li> <li>• You are addicted to other painkillers or medicines (including over-the-counter pain medication)</li> <li>• You have any alcohol dependency issues</li> </ul>						