

Post operative medication changes

Please write down the dose, frequency and duration of the medications which are **relevant to you**. You can utilise the tick box or write the times when you take them (once home to help remember what medications you have taken).

Pain relief

Paracetamol

Dose	Frequency (how often and when)	Duration (for how long)

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12
Day 13	Day 14		

Non steroidal anti-inflammatory (eg ibuprofen, diclofenac, celecoxib)

Dose	Frequency (how often and when)	Duration (for how long)

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	

Antineuropathic agent (eg Pregabalin, Gabapentin)

Dose	Frequency (how often and when)	Duration (for how long)

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	

Immediate release Opioid (eg Oxycodone, Tapendatol IR, Tramadol, Buprenorphine). This needs further review before ANY further doses

Dose	Frequency (how often and when)	Duration (for how long)

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	

Slow release Opioid, (eg Targin, Tapendatol SR, Burprenorphine (patch), Tramadol SR). Not for repeat doses

Dose	Frequency (how often and when)	Duration (for how long)

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	

Reflux medication

Pantoprazole 40mg daily until you have finished taking NSAID's

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8

Laxatives and aperients

Over the counter preparations include Metamucil and Sennacort. Additionally lactulose, coloxyl and senna, movicol can all be utilised

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8

Blood thinners (anti coagulation)

Restarting your these will be guided by your surgeon and cardiologist.

If you need additional treatment for clot prevention, either heparin or enoxaparin, this will be given on discharge.

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12
Day 13	Day 14		