

AT MY PAIN REVIEW...

You will have had a chance to talk about your views on reducing the opioids you take for your pain.

Whatever you have decided about your opioids right now, you will have made a plan that, at some point may lead to a change in the way you manage your pain.



MAKING CHANGES...



It's natural to be worried about making a change.



There are often upsides and downsides to making any change and there are upsides and downsides of staying the way you are.



Change matters because it can help you move in a direction that is important to you.

IF I AM MAKING A CHANGE, WHAT COULD I EXPECT?



If you are reducing the opioids you take, you may notice times when you have more pain or feel you are coping less well with your pain.



If this happens whilst you are reducing opioids, it's natural to think it's because you're taking less opioids.



Pain does tend to change, you probably have better and worse days with pain.



Even if you are reducing your opioids, it is very likely that your pain will settle, as it will have done in the past.



If you have a plan to make a reduction:

**Be kind to yourself
Do what you can
Give your plan a go**



Slowly reducing the dose of opioids (over several weeks or months) allows your body time to adapt to a smaller dose.



You may also find that **talking to someone you trust** about your plan to reduce your opioids helps you feel supported.



You may find it helpful to make a note of the reasons why you want to reduce the amount of opioids you take.



Some people have told us that reminding themselves of **their reasons** for making the change can help them to get started and to keep going with a plan.

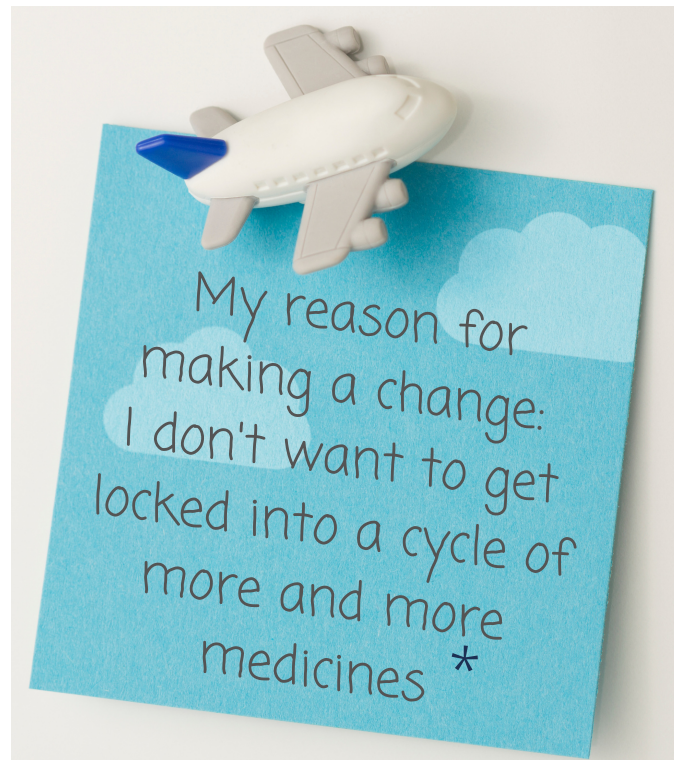
I'D LIKE TO TRY A CHANGE, WHAT SHOULD I DO?



If you would like to try making a change and haven't yet made a plan to do so, then speak to your pharmacist at your next appointment, or contact them.



Your practice pharmacist is here to support you to. You should be able to find their contact details on Your Pain Action Plan.



WHAT ELSE CAN I DO FOR MY PAIN?



Pain medicines, including opioids, are only one tool out of many options that help people to live well with persistent pain.



To find out what other people have done to change the way they manage their pain, including videos of their experiences of reducing opioids, visit www.mypainreview.co.uk.

