

# Take the temperature of your opioid painkillers

In persistent pain, using opioid painkillers, such as codeine, tramadol and morphine for more than a few months, has not been shown to be helpful.

As doses increase above the equivalent of 120mg oral morphine per day, there is a much greater risk of harm and little extra pain relief.

Harms can include:

- Muddled thinking
- Shaking
- Depression
- Dizziness
- Weight gain
- Headaches
- Tiredness
- Mood changes
- Vision changes

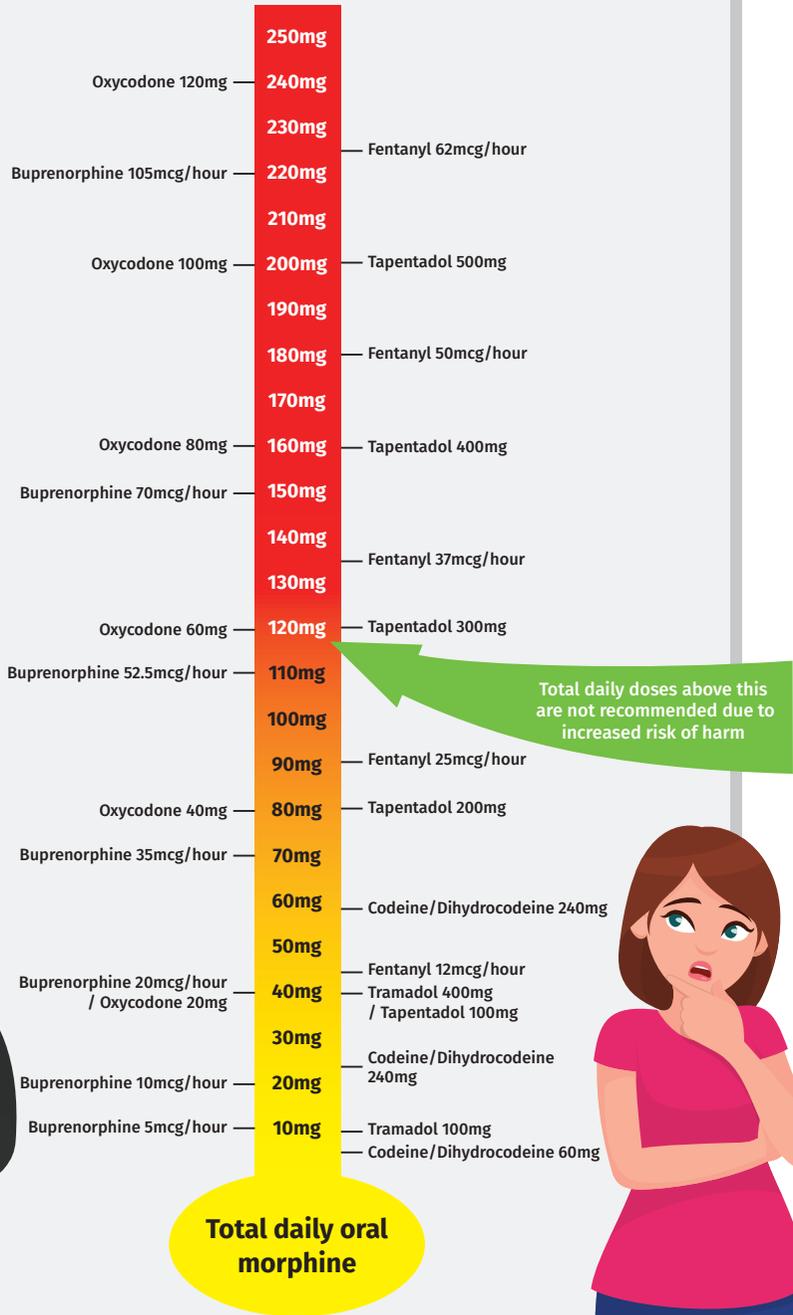
*Opioids can even make pain worse.*

**So, how much are you taking? Use this thermometer to check your dose.**

The higher your dose, the greater your risk of problems. If you take more than one opioid, your total dose will be even further up the thermometer.

**Wherever you are on the thermometer, if you have concerns about your medicines or side effects and would like to discuss other ways to manage your pain, talk to your healthcare team.**

For more information and ideas on other ways to manage your persistent pain, visit [www.my.livewellwithpain.co.uk](http://www.my.livewellwithpain.co.uk)



The opioid thermometer is intended for illustrative purposes and should not be used to assist with conversions between opioid medicines. All equivalences are approximate; there can be significant inter-patient variability.