



Helping you take codeine safely

Codeine is for short-term pain relief, for example, to treat a headache, toothache or sprain, that has not been relieved by other painkillers such as paracetamol, ibuprofen or aspirin.



Let's feel good

When purchasing a codeine-containing product:

- ✓ I know it should not be used for longer than 3 days
- ✓ I should speak to my Pharmacist or Doctor if my pain persists after taking the medicine for more than 3 days
- ✓ I understand taking two or more medicines containing codeine at the same time (including prescription drugs) or exceeding the maximum daily dose could pose a risk to my health
- ✓ I could build up a tolerance (so the medicine no longer has the same effect) or become dependent (withdrawal symptoms occur when the medicine is stopped) with long-term use
- ✓ I must not share my painkillers with friends, family or pets

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