Dihydrocodeine 30mg tablets

This medicine is an opioid, which can cause addiction. You can get withdrawal symptoms if you stop taking it suddenly.

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1 What Dihydrocodeine tablets are and what they are used for
2 What you need to know before you take Dihydrocodeine tablets
3 How to take Dihydrocodeine tablets
4 Possible side effects
5 How to store Dihydrocodeine tablets
6 Contents of the pack and other information

1 What Dihydrocodeine tablets are and what they are used for

This medicine has been prescribed for you, for relief of moderate to severe pain, such as the pain of sciatica (nerve pain on the leg/butt), joint and bone pain (osteoarthritis, rheumatoid arthritis and arthritis of the spine), nerve pain, pain following blood vessel disease, cancer or after operations. It contains dihydrocodeine which belongs to a class of medicines called opioids, which are ‘pain relievers’. This medicine has been prescribed for you and should not be given to anyone else. Opioids can cause addiction and you may get withdrawal symptoms if you stop taking it suddenly. Your doctor should have explained how long you will be taking it for, when it is appropriate to stop and how to do this safely.

2 What you need to know before you take Dihydrocodeine tablets

- Do not take for longer than directed by your prescriber
- Taking Dihydrocodeine regularly for a long time can lead to addiction, which might cause you to feel restless and irritable when you stop the tablets.
- Taking a painkiller for headaches too often or for too long can make feel you need to take more Dihydrocodeine tablets to get the same level of pain relief, this may mean you are becoming tolerant to the effects of this medicine or are becoming addicted to it. Speak to your doctor who will discuss your treatment and may change your dose or switch you to an alternative pain reliever.

Taking this medicine regularly, particularly for a long time, can lead to addiction. Your doctor should have explained how long you will be taking it for, when it is appropriate to stop and how to do this safely.

3 How to take Dihydrocodeine tablets

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4 Possible side effects

- Warnings and precautions

Talk to your doctor or pharmacist before taking Dihydrocodeine tablets if you:
- are allergic to dihydrocodeine or any of the other ingredients of this medicine (listed in section 6)
- have difficulty breathing, or other chronic lung disease
- have a head injury or a condition where there is increased pressure in the skull (may cause painful eyes, change in vision or headache behind the eyes)
- are having an asthma attack
- are alcohol dependent
- are at risk of blocked intestines.

Concomitant use of Dihydrocodeine tablets and sedative medicines such as benzodiazepines or related drugs increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, concomitant use should only be considered when other treatment options are not possible. However, if your doctor does prescribe Dihydrocodeine tablets together with sedative medicines

5 How to store Dihydrocodeine tablets

- Warning and precautions

Dosage and administration

This medicine is a liquid which you can take by mouth (into your mouth).

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Dihydrocodeine tablets contain lactose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

How to take Dihydrocodeine tablets

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Your doctor should have discussed with you, how long the course of Dihydrocodeine tablets will be and they will arrange a plan for stopping treatment. This will outline how to gradually reduce the dose and stop taking the medicine.

Dihydrocodeine tablets should be swallowed with water, and after food.

The recommended dose is:
- Adults and children over 12 years: One tablet (30mg) every 4 to 6 hours when necessary. Maximum dose in 24 hours is 180mg (6 tablets).
- Children under 12 years: Not recommended.
- Elderly: Dosage is usually reduced in the elderly.

If you take more Dihydrocodeine tablets than you should
If you (or someone else) swallow too many tablets at the same time, or you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately. Signs of an overdose include:
- very small pupils, feeling or being sick, feeling dizzy or lightheaded, irregular heartbeat.

If you forget to take Dihydrocodeine tablets
If you forget to take a dose, take it as soon as you remember, unless it is nearly time for your next dose. Then go on as before. Do not take a double dose to make up for a forgotten dose.

If you stop taking Dihydrocodeine tablets
Do not suddenly stop taking this medicine. If you want to stop taking this medicine, discuss this with your doctor first. They will tell you how to do this, usually by reducing the dose gradually so that any unpleasant withdrawal effects are kept to a minimum. Withdrawal symptoms such as restlessness, difficulty sleeping, irritability, anxiety, feeling your heartbeat (palpitations), increased blood pressure, feeling or being sick, diarrhoea, shaking, shivering or sweating may occur if you suddenly stop taking this medicine.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

Possible side effects

Like all medicines, this medicine can cause side-effects, although not everybody gets them. Please tell your doctor or pharmacist if you notice any of the following effects or any effects not listed.

Stop taking Dihydrocodeine tablets and contact your doctor immediately or go to your nearest emergency department if you notice the below serious side effects:

Not known: (frequency cannot be estimated from the available data):
- signs of an allergic reaction such as itchy skin rash, swelling of the face, lips, tongue or throat, or difficulty breathing or swallowing
- hallucinations (seeing or hearing things that are not real), fainting.

Other side effects:

Not known: (frequency cannot be estimated from the available data):
- rash, itchy skin, irregular raised patches, sweating, flushed face
- drowsiness, changes of mood, confusion, sexual dysfunctions; feeling dazed
- ‘spinning’ sensation, dizziness, headache, pins and needles, slow and shallow breathing, muscle rigidity
- blurred or double vision, extremely small pupils
- slow or fast heart rate, palpitations, low blood pressure
- constipation, feeling or being sick, abdominal pain, dry mouth
- bilateral spasm (causing pain in the right side of your abdomen, particularly after eating a meal, which may spread towards your right shoulder)
- pain and difficulty in passing urine and less frequent to do so
- water retention (oedema)
- dependence and addiction (see section "How do I know if I am addicted?").

Drug Withdrawal

When you stop taking Dihydrocodeine tablets, you may experience drug withdrawal symptoms, which include restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat (palpitations), increased blood pressure, feeling or being sick, diarrhoea, shaking, shivering or sweating.

How do I know if I am addicted?

If you notice any of the following signs whilst taking Dihydrocodeine tablets, it could be a sign that you have become addicted:
- You need to take the medicine for longer than advised by your doctor
- You feel you need to use more than the recommended dose
- You are using the medicine for reasons other than prescribed
- When you stop taking the medicine you feel unwell, and you feel better once taking the medicine again.

If you notice any of these signs, it is important you talk to your doctor.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Key or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

How to store Dihydrocodeine tablets

Keep this medicine out of the sight and reach of children. Do not take this medicine after the expiry date which is stated on the carton after EXP. The expiry date refers to the last day of that month. Store below 25°C in a dry place, protected from light. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

Contents of the pack and other information

What Dihydrocodeine tablets contain

- The active substance the ingredient that makes the tablets work is 30mg of dihydrocodeine tartrate.
- The other ingredients are colloidal silica, lactose monohydrate, magnesium stearate, maize starch, microcrystalline cellulose (E460).

What Dihydrocodeine tablets look like and contents of the pack

Dihydrocodeine are white, uncoated tablets. Pack sizes are 28, 30 and 100 tablets.

Marketing Authorisation Holder and Manufacturer

Accord, Barnstaple, EX32 8NS, UK.

This leaflet was last revised in April 2021.