



SIMPLE PAINKILLERS

Paracetamol

Paracetamol is the common medicine used to treat osteoarthritis. It often works well to ease pain. It is best to take it regularly to keep pain away, rather than now and again when pain flares up.

A normal adult dose is two 500 mg tablets, four times a day. It usually has little in the way of side-effects, and you can take paracetamol long-term without it losing its effect.

Co-codamol

Co-codamol is a combination of paracetamol 500mg and varying amounts of another painkiller, codeine. This makes it stronger than paracetamol alone but the codeine can cause side effects such as drowsiness or constipation.

Anti-inflammatory painkillers

Anti-inflammatory painkillers, of which there are a number of different brands, can be very effective and can be used in conjunction with paracetamol or co-codamol.

Unfortunately they do have side-effects such as gastrointestinal upset and irritation and kidney damage and so should be avoided by some people (if in doubt check with your pharmacist or GP)

Other therapies

Some people have found that transcutaneous electrical nerve stimulator (TENS) machines help to ease pain from osteoarthritis. Acupuncture may also help to ease symptoms in some cases.