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"यह प्रचार पत्र उर्दू, चाइनीज, हिन्दी, अरबी, बड़े छापे के अक्षरों में, ब्रेल और ऑडीओ कैसेट में उपलब्ध किया जा सकता है। यदि आप मानें तो अन्य भाषाओं और आकारों में भी सूचना उपलब्ध की जा सकती है। इसके लिये NHS टेसाइड कम्युनिकेसनस डिपार्टमेंट को फोन करें: 01382 424138"

یہ دستاویز اردو، چینی، ہندی، عربی اور ایسے افراد جن کی دیکھنے کی صلاحیت خاصی کم ہے ان کے لیے موٹے حروف کی چھپائی، بریل یا آڈیو ٹیپ جیسی متبادل صورت میں فراہم کیا جاسکتا ہے۔ درخواست کرنے پر انفارمیشن دوسری زبانوں اور فارمیٹس میں بھی دستیاب

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NHS نے سائیڈ کیونیکیشن ڈیپارٹمنٹ سے ٹیلی فون نمبر 01382 424138 پر رابطہ کریں۔

Developed by The Pain Team, Tayside Integrated Pain Service, and has been reviewed by other staff and patients

Reviewed 01/2007 Review 01/2009 LN0872

Amitriptyline Tablets

Information on Treating Pain

Tayside Integrated Pain Service

Ninewells Hospital

Tel. 01382 425612

Perth Royal Infirmary

Tel. 01738 473492

Stracathro Hospital

Tel. 01356 647291

The aim of this leaflet is to answer some questions often asked by patients. Your doctor has prescribed the drug Amitriptyline. Please read the leaflets included in your prescription.

What is Amitriptyline?

Amitriptyline is an antidepressant drug that has a pain relieving action. A low dose of antidepressant medication can help burning, shooting or stabbing pain caused by irritated or damaged nerves.

But I am not depressed?

It is common to use antidepressants in the treatment of pain. No one is suggesting that you are depressed or that the pain is 'in your mind.' The dose given to relieve pain is lower than that used to treat depression

How to take Amitriptyline

The starting dose can be 10mg, 20mg or 25 mg, depending on what you have been prescribed. The tablets should be swallowed whole with water and taken two hours before your usual bedtime.

When you first start the tablets, it is a good idea to take them when you are not working the next day. This will prevent any problems if you do experience any side effects. They must be taken regularly to be able to build up in your system to become effective. The dose can be increased as advised by your GP or Pain Clinic until adequate pain control has been reached.

What should I do if I forget to take my tablets?

If you forget to take your tablets, just wait until it is time for your next dose. Do not take a double dose.

What should I do if someone accidentally takes my tablets or I take too many?

Call your doctor or hospital straight away and tell them what dose and how many of the tablets have been taken. They will need to know the name and number of tablets taken. They should be able to give you advice as to whether attending at the hospital is necessary or not.

Side Effects

As well as benefits, all medicines have unwanted effects, called side effects and Amitriptyline is no different. If you are on a low dose you may have none, but if you do they may improve over the next week and may be worthwhile persisting if you can.

Common

Drowsiness*

Dizziness*

Blurred vision*

Constipation

Weight gain

Effects of alcohol increased

Dry mouth – this usually gets better

*If affected do not drive or operate machinery until effects wear off.

Rare

Confusion

Nausea

Sweating

Rashes

Fast pulse

Trouble passing water

Sensitivity to sunlight

Loss of interest in sex or impotence

How long do I need to take the medication for?

Nerve pain can be a long-term problem. Continue to take the tablets until your GP or Pain Clinic tells you not to. It is important to come off these tablets slowly as sudden withdrawal can make you feel very unwell. A gradual reduction is usually necessary and your GP or Pain Clinic will advise you on this.

If you need further information / advice, please contact a Pain Specialist Nurse at your local Pain Clinic. The telephone numbers are on the front of this leaflet.

We hope you found the information in this leaflet helpful.

If you have any comments about the content, please let us know. Comments made by other patients have helped in the development of this leaflet.