



Commit to your health.

**Wyoming Healthy Together Program**  
1-888-545-1710 | [www.WYHealthyTogether.com](http://www.WYHealthyTogether.com)



## Managing Chronic Pain: Medications

Medications can help you live better with chronic pain. You may use over-the-counter or prescription medications. Work with your doctor to find the best medication for you, and to use it safely and effectively.

Tell your healthcare professional about all medications you're taking, including herbs and vitamins.

### A Part of Your Treatment Plan

Depending on your situation and the type of pain, you may take medications:

- To help break the pain cycle.
- At times when pain is more intense than usual.
- For daily relief.
- Before activities that tend to trigger pain.
- To decrease sensitivity to pain and help you sleep.

### Analgesics

- **Nonsteroidal anti-inflammatories (NSAIDs)** such as aspirin and ibuprofen treat both pain and inflammation.
- **Acetaminophen** is often taken for pain when there is no inflammation.
- **Cox-2 inhibitors** are NSAIDs that may be easier on your stomach.
- **Opiates**, such as codeine, and related medications may be used to treat breakthrough pain or severe chronic pain.



### Antidepressants

These are often used in low doses for sleep problems, even in people who are not depressed. They may also be prescribed if you have heightened sensitivity to pain.

### Other Medications

- **Anticonvulsants** are sometimes used to treat neuropathic pain.
- **Topical** medications are applied to the skin to treat pain in one location.
- **Muscle relaxants** may be used to stop painful muscle spasms.

### Taking Medication Safely

- Take your medication on time and in the right dose.
- Tell your healthcare professional if your medication doesn't relieve your pain or work for a long enough time, or if you have side effects.
- Don't take other people's medications. They may not be safe for you.
- Avoid alcohol, tobacco, and illegal drugs. These may interact with your medications or make your pain worse.