

# Do you know the side effects?

Painkillers could be the reason you don't feel yourself. Are you:



Getting headaches regularly?



Always tired and struggle to get up in the morning?



Struggling to concentrate?



Often feeling nauseous?



Often confused or forgetful?



Watching the clock for your next tablet?



Struggling to go to the toilet (constipation)?



Feeling low? Do you think painkillers are affecting your mood?

Take control of your treatment. It all starts with a conversation.

**Speak to your GP practice.**



Scan the QR code for more information or visit: [staffsstoke.icb.nhs.uk/doyouknowthesideeffects](https://staffsstoke.icb.nhs.uk/doyouknowthesideeffects)