



# 'Ia mālmalama i le Mofini ma isi vai e fai i le Opioi

**'O vai opioi 'o vai e te'a ai le tīgā. E aofia ai le kotini, mofini ma le osikotone. 'O nei fa'amatalaga 'o se ta'iala e fesoasoani ai 'iā te 'oe, ma ē tausia 'oe, i le fa'aaogāina o vai e te'a ai le tīgā. 'O lou iloa o le mea moni 'ole'ā fesoasoani lea i le tulaga o ou tīgā ma fa'aleleia ai le tulaga o lou soifua.**

## **'O le ā le mofini?**

'O le mofini 'o se itū'āiga vai opioi e galue 'ato'atoa e na te fa'afilēmūina itū'āiga tīgā e tele. E ui e pito sili ona fa'aaogā so'o mo tīgā, e mafai fo'i ona fa'aaogā e taofiofi ai lagona tau mole.

## **E fa'aapefa ona fa'aaogā vai opioi?**

E iai 'auala 'ese'ese e fa'aaogāina ai opioi:

- Fuālā'au aogā pupu'u po'o vai sirupi fo'i, e maua ai le filēmū e o'o atu i le fa itulā.
- Fuālā'au lapotopoto pe 'u'umi e o'o atu i le 12 itulā le aogā, ma e na'o le fa'alua ona inu i le aso.

'O le māsani, e fa'aaogā fa'atasi opioi pupu'u ma opioi 'u'umi le aogā e taofiofi ai le tīgā. E iai opioi e tui e mafai ona fa'aaogā, pe'ā mana'omia.

## **'O ā ni a'afiaga tetele e tatau ona 'e nofo uta i ai?**

'O a'afiaga o le fa'aaogāga o le opioi e mafai ona tausi puipua. 'O mea nei e pito sili ona lagona:

- Manava mamau – 'o se a'afiaga e tupu mai pe'ā fa'aaogā opioi, 'o le fa'atuai ai lea o gaioiga a le manava, ma e mana'omia le inuina fo'i o fuālā'au fa'atafi.
- Fa'afaufau – E ono oso ni ou lagona ma'i i lou fa'ato'ā inuina muamua o opioi. E maua mai i le foma'i se vai e fa'aitiitia ai lea lagona, 'ae na'o ni nai aso e lagona ai.
- Fiamoe – e ono maua fo'i 'oe i le fiamoe i nai aso muamua 'a'o tau fa'amāsani lou tino i opioi, po'o le fa'aopoopo fo'i o le mālosi o le fua o le inumaga, 'ae i'u lava ina māsani ai lou tino.

'A iai nisi a'afiaga, mātau lelei ona ta'u lea i lau foma'i pe'ā o'o ina oso. E mafai ona fesoasoani lau foma'i i le suiga lea o le mālosi o le fua pe sui fo'i le vai.

## **'Afa'i 'ou te fa'aaogāina le opioi fa'amata 'ou te ola fa'amoemoe i ai?**

'A lua galulue ma lau foma'i e sa'ili se fua o le opioi e fetau lelei ma ou tīgā, e lē mafai ona 'e ola fa'amoemoe 'i ai. E tupu le ola fa'amoemoe 'i ai pe'ā sesē ona fa'aaogā vai opioi ma fa'aaogā e aunoa ma se va'aia puipua e se tagata e tausisoifua.

## **E mafai ona fa'aaogā isi Togafiti Lagolago 'a'o o'u fa'aaogāina le opioi?**

E tāua lou logoina o lau foma'i po'o le tausisoifua e uiga i isi togafiti, vaitamini, laulā'au po'o vai lagolago 'olo'o 'e fa'aaogāina. E maua ai se ata 'ato'atoa o togafitiga 'ese'ese 'olo'o 'e faia e tausi ai lou ola mālōlōina ma e aogā tele 'e te maua mai ai se polokalame fuafua lelei ma le saogalēmū mo le tausiga lelei o 'oe.

## **E iai nisi fesili?**

'A iai nisi au fesili e uiga i le mofini po'o isi vai e gaosi i le opioi, fa'amolemole fesili i tausisoifua, foma'i po'o le talavai. Asiasi i le 'upegaotafā'ilagi [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) mo nisi fa'amatalaga pe fa'afeso'ota'i fo'i **HealthLine 0800 611 116**.



# Understanding Morphine and other Opioid Medicines

**Opioid medicines are pain relievers. They include codeine, morphine and oxycodone. This information is a guide to help you, and your carers, use these medicines to relieve pain. Knowing the facts will help you manage your pain and help to improve the quality of your life.**

## **What is morphine?**

Morphine is a type of opioid medicine that works very well to relieve many types of pain. Although it is most commonly used for pain, it can also be used to control feelings of breathlessness.

## **How do I take opioid medicines?**

Opioid medicines can be given in several ways:

- Short-acting tablets or syrups, which provide pain relief for up to four hours.
- Long-acting tablets or capsules that are effective for 12 hours, so you only need to take them twice a day.

Commonly, a combination of both short and long-acting opioid medicines is required to manage pain. Some opioid medicines are available as injections too, if needed.

## **What are the main side effects to look for?**

The side effects of opioid medicines are manageable. The most commonly experienced are:

- Constipation – opioid medicines slow down bowel activity so most people who take opioids, need to take laxatives also.
- Nausea – opioid medicines can make you feel sick when you first take them. Your doctor may give you something to stop this feeling but, usually, it lasts only a few days.
- Drowsiness – opioid medicines can make you feel sleepy for the first few days while you are getting used to them, or when the dose is increased, but your body will gradually adapt.

If you have other side effects, note these down and tell your doctor what they are, and when they occur. Your doctor may be able to help by changing the dose or the medicine.

## **If I take an opioid medicine will I become addicted to it?**

When your doctor works with you to establish the right dose of opioids for your pain, you will not become addicted. Addiction occurs only when people misuse opioid medicines and take them without medical supervision.

## **Can I use Complementary Medicines when I am taking opioid medicines?**

It is important to tell your doctor or nurse about all other medicines, vitamins, herbs or supplements that you are taking. This will give them a full picture of what you do to manage your health and will ensure that you receive coordinated and safe care.

## **More questions?**

If you have any further questions about morphine or other opioid medicines, please ask your nurse, doctor or pharmacist. Visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) for more information or contact **HealthLine** on **0800 611 116**.