



# Mahino'i 'o e Mōfini' pea mo e 'ū Faito'o Fakafiemālie kehe'

**Ko e 'ū faito'o fakafiemālie' ko e 'ai ke fakasi'isi'i 'o e langa'. 'Oku kau ai 'a e codeine, mofini mo e oxycodone. Ko e fakamatala' ni' ko ha fakahinohino ke tokoni'i koe', pea mo ho'o kau tauhi', ki he ngāue'aki 'o e 'ū faito'o' ni' ke fakasi'isi'i ai e langa'. 'E tokoni 'a e 'ilo'i 'o e ngaahi mo'oni' ki ho'o mapule'i ho'o langa' pea mo 'i ai ha fakalaka 'a e lelei ho'o mo'ui'.**

## Ko e hā 'a e mōfini'?

Ko e mōfini' ko ha fa'ahinga ia 'o e faito'o fakafiemālie' 'a ia 'oku ngāue lelei ke fakasi'isi'i 'a e ngaahi fa'ahinga 'o e langa'. Neongo 'oku fa'a ngāue lahi 'aki ki he langa', ka 'oku toe lava pe foki 'o ngāue'aki ke pule'i e 'ū ongo 'o e faingata'a'ia 'o e mānava'.

## 'Oku anga fēfē 'eku inu pe folo 'a e 'ū faito'o fakafiemālie'?

'Oku lava ke 'oatu 'a e 'ū faito'o fakafiemālie' 'i he ngaahi founga kehekehe':

- Ko e 'ū fo'i'akau ngāue-taimi nounou' pe ko e 'ū inu huhu'a melie', 'a ia 'oku ne fakasi'isi'i 'a e langa' 'o a'u pē ki he houa 'e fā.
- Ko e 'ū fo'i'akau ngāue-taimi fuoloa' pe 'ū fo'i'akau 'oku nau ngāue lelei 'o a'u ki he houa 'e 12, koe'uhi ke ke toki fiema'u pē ia ke folo tu'o ua he 'aho'.

Ko e anga maheni', ko ha fakataha'i fakatou'osi 'o e 'ū faito'o fakafiemālie ngāue-taimi nounou' mo e taimi fuoloa' 'oku fiema'u ke mapule'i 'aki e langa'. 'Oku 'i ai e 'ū faito'o fakafiemālie 'e ni'ihi 'oku 'atā ke ma'u ia 'i he founga huhu', 'o kapau 'oku fiema'u'.

## Ko e hā e 'ū tefito'i ola kovi ke u tokanga ki ai'?

'Oku malava ke mapule'i 'a e 'ū ola kovi 'o e faito'o fakafiemālie'. Ko e 'ū ola anga maheni' ko e:

- Faingata'a 'e tu'umama'o' – 'oku hanga 'e he 'ū faito'o fakafiemālie' 'o fakatuai'i e ngāue 'a e ngākau' koe'uhi ko e tokolahi e kakai 'oku nau folo pe inu 'a e 'ū faito'o fakafiemālie', 'oku fiema'u ia ke nau folo pe inu foki 'a e faito'o fakahinga ko e laxatives.
- Tokakovi' – 'oku lava 'e he 'ū faito'o fakafiemālie' 'o 'ai koe ke ke ongo'i puke' he taimi ho'o fuofua folo pe inu ai e faito'o'. 'Oku lava 'e ho'o toketā ke ne 'oatu kiate koe

'a e me'a ke ta'ofi 'aki 'a e ongo ko 'eni' ka 'oku fa'a hoko 'o 'osi pē 'i ha ngaahi 'aho si'i'.

- Tulemohe' – 'oku lava 'e he 'ū faito'o fakafiemālie' 'o 'ai koe ke ke ongo'i tulemohe 'i he ngaahi 'aho si'i' lolotonga ia ho'o kamata ke ke anga ki he 'ū faito'o', pe 'i he taimi 'oku fakalahi ai 'a e mālohi 'o e faito'o', ka 'e māmālie pē 'a e anga ki ai ho sino'.

Kapau leva kuo ke ma'u ha 'ū ola kovi', tohi'i hifo 'a e 'ū me'a' ni' pea tala 'a e 'ū me'a ko ia ki ho'o toketā, pea mo e taimi 'oku hoko ai'. 'Oku malava 'e ho'o toketā ke tokoni ki hono liliu e mālohi 'o e faito'o' pe ko e liliu 'a e kalasi faito'o'.

## Kapau 'oku ou inu pe folo ha faito'o fakafiemālie' te u 'atiki ki ai'?

'I he taimi 'oku mo ngāue ai mo ho'o toketā ke 'ai 'a e lahi totonu 'o e faito'o fakafiemālie ki ho'o langá, 'e 'ikai ai ke ke 'atiki ki he faito'o'. 'Oku hoko 'a e 'atiki' he taimi pē 'oku ngāue hala 'aki ai 'e he kakai' 'a e 'ū faito'o fakafiemālie' pea nau inu pe folo 'o 'ikai ke supavaisa fakafaito'o kinautolu'.

## 'Oku lava nai ke u ngāue'aki e 'ū Faito'o Fakapalanisi' he taimi 'oku ou folo pe inu ai e 'ū faito'o fakafiemālie'?

'Oku mahu'inga ke tala ki ho'o toketā pe neesi' felāve'i mo e 'ū faito'o kehe', 'ū vaiitami', 'ū la'i'akau' pe 'ū me'a tākaki mai 'oku ke lolotonga ma'u'. Te ne 'oange 'a e fakatātā kakato 'o e me'a 'oku ke fai ke mapule'i 'aki ho'o mo'uilelei' pea mo fakapapai' 'oku ke ma'u 'a e tokanga 'oku lelei' mo malu'.

## Ngaahi fehu'i kehe'

Kapau 'oku toe 'i ai ha'o 'ū fa'ahinga fehu'i felāve'i mo e mōfini' pe 'ū faito'o fakafiemālie', kātaki 'o kole ki ho'o neesi', toketā pe mataotao hu'i vai'. 'A'ahi ki he [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) ki ha toe fakamatala' pe fetu'utaki ki he **HealthLine** he **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**.