

Duloxetine for pain relief

Patient Information

Chronic Pain Service



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Introduction

Duloxetine is used to treat some types of persistent pain; it is especially good for nerve pain such as burning, shooting, or stabbing pains. Duloxetine belongs to the group of medicines called Serotonin Noradrenergic Reuptake Inhibitors (SNRI) that are also used to treat depression.

Duloxetine will not work straight away and could take up to 1 month to notice any significant benefit. You may need to increase the dose; this can be done via your GP or the Pain Clinic. Duloxetine does not work for everyone.

Duloxetine can be taken long term if it helps with your pain. You can take Duloxetine on an empty or full stomach and should be swallowed whole.

Aims

Duloxetine works by increasing the amount of specific nerve transmitters in the nervous system, reducing pain messages arriving in the brain.

You will be assessed in the pain clinic after you have commenced taking this drug to discuss if it has helped. If it does not help, then do not suddenly stop taking the tablets and speak to your Doctor or Nurse about reducing the tablets and stopping them.

Risks/side effects

Most side effects are mild and can be expected to go away after a little while, but this can vary with each individual.

Common side effects include headache, drowsiness, sickness, dizziness, blurred vision, and dry mouth.

Less common side effects include loss of appetite, flushes, raised blood pressure, difficulty sleeping, feeling anxious, shaky, and increased sweating.

If you experience any of these and they are causing you distress, please contact your Doctor. You should tell your Doctor / Nurse if:

- you are allergic to any drugs
- you are taking any other drugs or herbal medicines
- you have epilepsy or glaucoma
- you are taking any medicine that causes sleepiness or increases the level of serotonin (e.g. Tramadol or other depression medicines)
- you are pregnant or breastfeeding
- you are taking anticoagulants or other drugs to thin the blood

- you have a mental health problem
- you have kidney or liver problems
- you are taking Ciprofloxacin, an antibiotic used to treat infections.

If you forget a dose, take it as soon as you remember, but do not take two doses together.

Duloxetine can cause drowsiness and if you feel this way or you feel your driving may be compromised, **DO NOT** drive.

Alcohol increases the sedative effects of duloxetine; it is best not to drink alcohol when you first start taking it. Once settled on a steady dose, you may drink alcohol in moderation, but it may make you more drowsy than normal.

Benefits

Unfortunately we cannot guarantee that you will gain benefit from Duloxetine.

Contact information

If you have any questions, please contact the pain management team on telephone: 01942 773099.

It is very important that you attend any appointments made for you with either, the Doctor; Nurse; Physiotherapist; Occupational therapist or the Psychologist. If you cannot attend, please cancel the appointment, and re-arrange, failure to cancel will result in discharge from the pain service and you will need to be re-referred by your GP if you wish to be seen again.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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