

## Advice on prescriptions

You will need to have a special prescription to collect Oramorph® from your pharmacy. This prescription will be given to you by a doctor in the hospice or by your G.P.

## Advice on storage

It is very important that you keep Oramorph® liquid safe and out of the reach of children. An open bottle of Oramorph® should not be kept for longer than 90 days. Return any unused Oramorph® to your pharmacist.

*Your doctor or pharmacist will answer any other questions you may have about Oramorph® for breathlessness.*

The directions for use of Oramorph® may change depending on your response to it.

### Instructions: First visit

My current **dose** of Oramorph 10mg/5mL is:  
\_\_\_\_\_mg

This **measures**: \_\_\_\_\_mL

The **maximum** I should take in 24 hours is: \_\_\_\_\_mg =  
\_\_\_\_\_mL

### Instructions: Second visit

My current **dose** of Oramorph 10mg/5mL is:  
\_\_\_\_\_mg

This **measures**: \_\_\_\_\_mL

The **maximum** I should take in 24 hours is: \_\_\_\_\_mg =  
\_\_\_\_\_mL

### Palliative Medicines Information Service

Our Lady's Hospice & Care Services,  
Harold's Cross,  
Dublin 6W.  
Telephone: 01-4912578  
Email: [palliativemedinfo@olh.ie](mailto:palliativemedinfo@olh.ie)

# Oramorph® for breathlessness

## Patient Information Leaflet



tel: 01 4912578  
[palliativemedinfo@olh.ie](mailto:palliativemedinfo@olh.ie)



Respite  
Rehabilitation  
Respite & Blackrock  
Harold's Cross



## What is Oramorph®?

Oramorph® 10mg/5mL Oral Solution is liquid morphine commonly used for breathlessness. Each 5mls contains 10mg of morphine. Morphine is often used to treat moderate to severe pain. There is also information showing that Oramorph® is effective for treating breathlessness and is safe for you to take. Oramorph® should make your breathing feel easier. You may feel more relaxed too.

## How is it given?

Oramorph® is a liquid and is swallowed by mouth. It should always be taken as your doctor has told you. If you are ever unsure how to take your Oramorph® contact your doctor or the pharmacy where you collected your Oramorph®.

## What are the most common side effects?

All medications can cause side effects, including Oramorph®. Only some patients will suffer from side-effects. The most common side-effect of Oramorph® is *constipation*.

Other side-effects which occur less commonly include:

- nausea
- dry mouth
- sleepiness
- itch

If you are concerned about any possible side-effects please discuss this with your doctor, nurse or pharmacist.

## Can I drive when I am taking Oramorph®?

You may feel drowsy when taking this medicine. If you wish to drive while taking Oramorph® you must first consult with your doctor.

## Can I become addicted to Oramorph®?

Many years of experience in palliative care have shown that when used carefully and at the right dose, addiction is not an issue. If you no longer need Oramorph®, it can be safely stopped by reducing the dose gradually.

## Isn't morphine used for pain relief ?

You might recognise this as a medicine used for pain. However, it has also been used for many years for the management of breathlessness. It has been found to be safe and effective. It is important to tell other healthcare professionals that your Oramorph® is prescribed for breathlessness.

## The package leaflet says that you should not take Oramorph® if you have breathing problems.

This is only a potential problem if you need very high doses to treat pain. Oramorph® is not dangerous at the doses we prescribe to treat breathlessness.