

# Tramadol immediate release 50 mg capsules

Tramal®, Zydol®, APO-Tramadol®; other brands are also available

How to give doses under 50 mg to your child



The Royal  
Children's  
Hospital  
Melbourne

## Pharmacy

### What is tramadol?

Tramadol is a pain relieving (analgesic) drug. It is available on a doctor's prescription (script).

### What is tramadol used for?

Tramadol is used for moderate to severe pain when something stronger than paracetamol or ibuprofen is needed.

Tramadol is used for nerve pain.

Tramadol is also used in patients who have sleep apnoea (difficulty breathing at night) who should avoid other morphine-like pain relievers.

### Tramadol formulations

The Royal Children's Hospital (RCH) provides immediate release tramadol as capsules.

This pamphlet applies to the immediate release capsules. It does not apply to the slow release tablet which is also available and generally only prescribed for adults and teenagers.

A liquid product of oral drops is also available. The liquid drops are very strong and designed and licensed for use by adults only. The RCH does not stock and does not recommend the use of the oral drops because of the risk of overdose in small children.

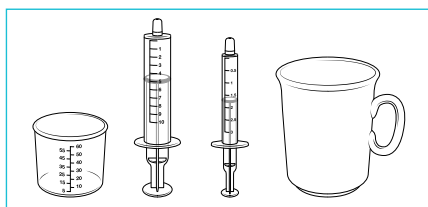
### How to take/give tramadol

- Give tramadol only as directed. Your doctor or pharmacist will discuss how much tramadol to give.
- Give tramadol every six hours when required. Do not give tramadol more than four times a day.
- Your doctor will tell you how long to continue giving your child tramadol.
- Tramadol capsules are given by mouth; before, with, or after food.
- They can be swallowed whole with water.
- In children who cannot swallow capsules or who need a small dose of tramadol, it is necessary to disperse the capsule contents in water.

### How to disperse tramadol (immediate release) capsules in water

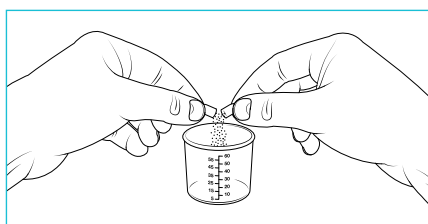
#### Step 1:

- Prepare a cup of fresh drinking water or cooled, boiled water.
- Prepare the equipment that was provided by the Pharmacy Department.
  - Plastic measuring cup
  - 10 mL syringe
  - 3 mL syringe



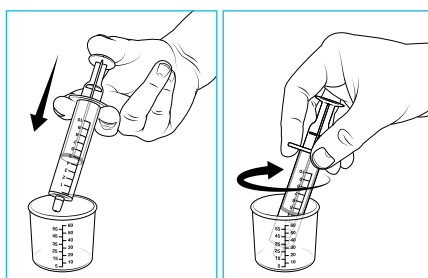
#### Step 2:

- With clean, dry hands take a capsule from the blister packet.
- Over the plastic measuring cup, twist the capsule to open it or cut it with some scissors, so the contents of the capsule go straight in.



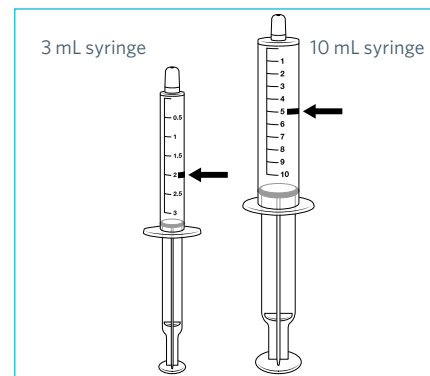
#### Step 3:

- Use the syringe to draw up 10 mL of the water and add it to the measuring cup.
- Mix well by using the syringe to stir the contents. It is okay to see some particles in the water. This mixture equals 5 mg of tramadol in each mL of water (5 mg/mL).



#### Step 4:

- Read the instructions on your child's tramadol medication label. You will use either the 3 mL or 10 mL syringe to draw up the correct amount (dose) for your child.



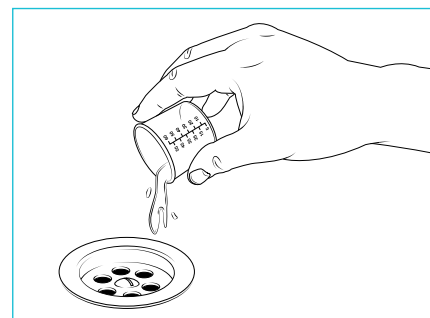
#### Step 5:

- Give the tramadol directly to your child with the syringe.



#### Step 6:

- Discard the unused portion. Use a fresh tramadol capsule for each dose. Clean and dry the equipment.



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## If you miss a dose

If you forget to give a dose, you can give it as soon as you remember. The next dose must be given at least six hours later. Do not give a double dose to make up for the dose that was missed.

## Storing tramadol capsules

It is important to keep tramadol capsules locked away out of the reach of children. Do not keep the capsules in damp or warm places such as the bathroom or near the kitchen sink because this may make them less effective. Store the capsules in a cool, dry place, away from heat and direct light.

## Use of other drugs

Do not give tramadol if your child is also taking other morphine-like drugs such as morphine, oxycodone or codeine (including mixed preparations like Painstop® and Nurofen Plus©), or other sedatives, unless directed by your doctor.

Care must be taken when using tramadol with some other drugs. These drugs may be affected by tramadol, or may affect how well it works:

- carbamazepine (e.g. Tegretol®)
- coumarin derivatives (e.g. warfarin)
- drugs for irregular or rapid heart beat
- drugs for depression, sleeplessness or mental conditions: such as selective serotonin reuptake inhibitors (SSRIs), tricyclic anti-depressants (TCAs), complementary antidepressants (e.g. St John's Wort), anti-psychotics and ADHD medications
- some antibiotics
- some drugs for nausea and vomiting
- alcohol

*This list is not complete.*

Talk to your doctor if your child takes any of the above medications before giving tramadol.

Check with your doctor or pharmacist before giving any other prescription drug or drugs purchased without prescription from a pharmacy, supermarket, or health food shop.

## Possible side effects

Side effects can occur while taking tramadol. Some of these are not serious and will go away with time or after the dose has been changed. Others are more serious and require you to check with your doctor.

### Less serious side effects

- drowsiness, fatigue
- dizziness
- nausea or vomiting
- sweating
- change in bowel habit

### More serious side effects

Contact doctor as soon as possible if any of the following occur:

- confusion
- sleep disturbance
- blurred vision
- sedation, breathing effects (respiratory depression)
- hallucinations
- seizures

## Allergic reactions

Stop drug and see doctor immediately:

- skin rash (red spots or patches), itching, hives, skin lumps
- swelling or puffiness of the eyelids, face or lips
- chest tightness, wheezing or pain in the chest

Other side effects not listed above may also occur in some patients. Tell your doctor if you notice anything else that is making your child feel unwell.

## Important information

Tell your doctor if your child's pain gets worse. Do not give extra doses unless directed by your doctor.

Talk to your healthcare provider before giving this drug if your child has any other health conditions. Do not give tramadol if your child has seizures or is on drugs for epilepsy (unless instructed to do so by your doctor).

**If your child has not had a dose of tramadol before and has had surgery for obstructive sleep apnoea, give the lower dose as stated on your child's tramadol medication label, and observe your child for 1.5 hours after this. This is essential if the dose is before bed or during the night.**

Tramadol may cause drowsiness. Do not allow children to climb trees or ride bikes until you have assessed how tramadol affects them. For adolescent patients, do not let them drive or operate machinery until you know how tramadol affects them.

## Key points to remember

Give only the recommended dose. Never give tramadol in larger amounts or for longer than recommended. After mixing the tramadol in the measuring cup, do not keep the unused drug but discard it in the sink. If tramadol does not give sufficient pain relief, please contact the hospital or your local doctor.

## If you have any questions contact

Your or your child's doctor via the RCH Switchboard on **03 9345 5522**, or Pharmacy Department on **03 9345 5492** during business hours, Mon–Fri, 8.30 am–5.30 pm.

In case of poisoning or overdose contact Poisons Information Centre **13 11 26** (24 hour service)

This leaflet answers some common questions about your/your child's drug. It does not contain all available information. It does not take the place of talking to your/your child's doctor or pharmacist. The leaflet may differ from information in the manufacturer's Consumer Drug Information. The information in this leaflet reflects the usage of drugs under medical supervision by patients of The Royal Children's Hospital. Drugs may be used in children in different ways or for different reasons than in adults—for more information see the leaflet "Drugs for Children". This leaflet includes information current at time of document review—November 2013.

### Disclaimer

This is intended to support, not replace, discussion with your doctor or healthcare professionals. The authors of these consumer health information handouts have made a considerable effort to ensure the information is accurate, up to date and easily understood. The Royal Children's Hospital accepts no responsibility for any inaccuracies, information perceived as misleading, or the success of any treatment regimen detailed in the handouts.

## Pharmacy

The Royal Children's Hospital Melbourne  
50 Flemington Road Parkville, Victoria 3052 Australia  
TELEPHONE +61 3 9345 5492  
www.rch.org.au

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