

If they do not go away after a few days, take your child to the doctor right away.

- Feeling sick to her or his stomach or throwing up
- Heartburn
- Bowel movements that are very hard (constipation)
- Bowel movements that are watery (diarrhea)
- Feeling itchy
- Feeling dizzy
- Feeling more sleepy
- Finding it hard to go to sleep or stay asleep
- Headache
- Feeling nervous
- Feeling upset
- Muscles feel tight
- Changes in mood
- Dry mouth

When should I call the doctor about side effects?

- If the less serious side effects do not go away in a few days.
- If your child has any of the following:
 - flu-like symptoms
 - rash
 - change in the sound of her or his voice. For example, the voice sounds hoarse.

- is seeing, hearing, feeling or smelling things that are not there. This is also called having hallucinations.



When should I call 911?

If your child has any of the following:

- a seizure or convulsion
- a hard time breathing
- chest pain or feels her or his heart is beating funny or has a fast heartbeat
- swelling of the face, throat, tongue, lips, eyes, hands, feet, ankles, or lower legs

Always tell your doctor or pharmacist if you think your child has had any side effects from this medicine.



If you have questions about pain management in children, call:

- BCCH Pain Service at 604-875-2345 ext 5108 or
- Call for free if you live in BC at 1-888-3088 extension (5108).

It's good to ask.

Developed by the health care professionals of the BCCH Pain Service with assistance from the Department of Learning & Development

BCCH1580 © 2010 BC Children's Hospital

Tramadol



An agency of the Provincial Health Services Authority

4480 Oak Street,
Vancouver BC, V6H 3V4
604-875-2345
1-888-300-3088
www.bcchildrens.ca

Tramadol helps your child's pain. It works by changing the pain messages that go to the brain. It has some of the same effects as morphine.

Tramadol comes in two different forms.

1. The **regular-release** form releases the medicine from the tablet quickly. Regular-release tablets of Tramadol may be called Ultram®.
2. The **extended-release** tablet releases the medicine slowly throughout the entire day. Extended release tablets may be called Ralivia™, Zytram XL® or Tridural®.

Is there anything I need to tell my doctor before my child takes Tramadol?

Tell your doctor if your child has any of the following:

- allergies
- seizures or a head injury
- kidney or liver disease

How do I safely give my child Tramadol?

- Make sure you know which type of Tramadol your child is taking.

- If your child is prescribed the **extended-release** tablets such as Ralivia™, Zytram XL® or Tridural™, he or she must swallow the tablet whole. This is important for the health and well being of your child. Do not break it, crush it or let your child chew it. Breaking, crushing or chewing the tablet can lead to the medicine being released into your child's body too quickly so that your child gets too much of the medicine. This can make your child very ill.
- The **regular-release** tablets such as Ultram® can be crushed or split.
- Give the medicine at the times your doctor has prescribed so your child gets the best pain relief.
- If a dose is missed, give it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and go back to the regular schedule. Do not give two doses to make up for a missed one.
- Tramadol can be given with or without food.
- Talk to the doctor before your child stops taking this medicine. Your doctor will tell you how to slowly take your child off the medicine. This is important for the health of your child.

How do I safely keep Tramadol?

- Keep out of reach of children.
- Keep in a closed container or in the package it came in.
- Keep at room temperature; do not freeze it.
- Keep away from heat, moisture and direct light.

How do I safely get rid of leftover tablets?

Take any medicine that is out of date or no longer needed to the pharmacist so he or she can get rid of it safely.

Side Effects

This list of side effects is important for you to know. Remember that not all side effects happen to all people, and most side effects will go away in a few days as your child's body gets used to the medicine. Other side effects are more serious and your child will need to be seen by a doctor right away. Tell your doctor or pharmacist if you think your child has any side effects caused by this medicine.

The following are less serious side effects that will usually go away in a few days. If they go away, you do not need to take your child to the doctor.