

Codeine is prescription only from 1 February 2018

Ask about this change at the NSP today

Information for NSP clients

Government changes mean that you will only be able to get codeine on prescription from 1 February 2018. Pharmacies will not sell over-the-counter medicines with codeine.

These include combination pain relief medicines like:

- Nurofen Plus
- Mersyndol
- Panadeine
- Some Cold and Flu medicines and some cough syrups
- Any of the generic pain killers / pharmacy medicines that contain codeine.

Switching to other opioid medicines can be risky. Speak to an NSP worker about the risk of overdose and where to get naloxone.

Codeine medicines often have other painkillers in them like paracetamol or ibuprofen (Nurofen®) which means that if you take many of them you'll be getting high doses of these drugs too.

Paracetamol is highly toxic to the liver in large doses. **If you think someone has overdosed on paracetamol, call 000 straight away.**

If you are going to inject pills or any other drugs it's important to use filters to reduce the risks from injecting filler materials.

Filtering will reduce the risk of dirty hits and damage to your veins.

Things like swabs, cotton wool and tampons are often used as filters but remember they are not sterile and won't filter some of the harmful stuff that doesn't dissolve from the mix.

Using cotton wool as a filter can cause injection of cotton fibres.

Plan ahead so you're not stuck for a filter.

WHEEL FILTERS

The best filter to use when injecting pills is a wheel filter that can filter out particles of crushed pills that might lodge in body tissues and cause a reaction.

Some wheel filters can also filter out some of the bigger bacteria but not viruses like hep C, hep B or HIV, so use other precautions.

A Needle and Syringe Program (NSP) worker will be able to tell you where to get wheel filters or other sterile filters, how much they cost and give you information on how to use them correctly.

For information and support where you live call the National Alcohol and Other Drug Helpline: 1800 250 015