

Medication Information

Hydromorphone (Hye – dro – mor – fone)

Other names for this medication

Dilaudid®
Hydromorph Contin®

There are many other names for this medication.

How this medication is used

This medication is used to treat moderate to severe pain.

This medication comes as short-acting or long-acting:

- Short-acting tablets, such as Dilaudid® work quickly to treat pain for 4 to 6 hours.
- Long-acting capsules, such as Hydromorph Contin® are used to treat chronic pain and are taken every 8 to 12 hours.

How to take this medication

Take this medication exactly as directed by your doctor or health care provider.

Do not change your dose unless directed by your doctor or health care provider.

Until you know how this medication affects you, do not drive or operate machinery.

How to take this medication (continued)

- Plain Tablets:** Swallow with a glass of water.
- Long-Acting Tablet:** Swallow whole with a full glass of water. Do not split, crush or chew.
- Liquid:** Mix with a glass of fruit juice to improve the taste. Drink the whole glass of juice. Use the measuring device that comes with the product to get an accurate dose.

If you miss a dose of this medication, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose and go back to your regular dose schedule. Do not double dose.

This medication does not mix well with alcohol in your body. Ask your doctor about drinking alcohol such as wine, beer and liquor while taking this medication.

While taking this medication you may notice

- nausea and vomiting
- drowsiness
- agitation
- dizziness
- constipation
- restlessness

Most of these side effects will go away as your body gets used to the medication.

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

If you have stomach upset, take this medication with food. Your doctor may suggest another medication to help with any constipation and nausea.

While taking this medication you may notice (continued)

To prevent constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit.

Contact your doctor or health care provider if you notice

- continued or increasing pain
- continued constipation, nausea or vomiting
- shortness of breath
- severe dizziness or drowsiness
- confusion
- severe weakness
- rash
- you cannot pass urine