

Codeine-Containing Medicines

Are you taking codeine more often than you'd like?

A lot of people don't realise how quickly codeine can become something they rely on. If this sounds familiar, you are not alone.

Taking codeine regularly can cause your body to get used to it.

You might notice:

- *You need more to get the same effect.*
- *Headaches or muscle aches when you stop.*
- *Feeling "not quite right" without it.*
- *Taking it just to get through the day.*

These are common signs of dependence – and they can happen even with over-the-counter medicines.

The health risks.

Over-the-counter codeine products in the UK are only available in combination with other pain killers. Increasing your codeine intake could mean you are taking more than the recommended daily dose of paracetamol or ibuprofen. This could lead to liver damage, internal bleeding, kidney failure or heart attack.

This isn't about blame.

Codeine is an opioid. Your body adapts to it. That's biology, not weakness.

If stopping feels hard, support can make it easier.

You don't have to do this alone. Local services can help you safely reduce and stop codeine, without judgement. You can find contact details for your local service below.

New Vision Bradford Telephone: 01274 296023		Calderdale Recovery Steps Telephone: 01422 415550		Change Grow Live (Kirklees) Telephone: 01484 353333	
Forward Leeds Telephone: 0113 887 2477		Turning Point (Wakefield) Telephone: 0300 123 1912			

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