

Using Morphine Liquid for Breathlessness

Patient information - Respiratory Department

Morphine may help to reduce your breathlessness and cough.

- Use a syringe to measure mls. Strength
- Think about having a clean syringe ready with your morphine dose sitting in a glass ready to take. Throw out that dose after 24 hours if it is not used.
- Try taking it before you get out of bed in the morning as it can take 20 minutes to work - you may find it helpful to take before activities such as showering or going out.
- Take it with a drink of anything you prefer (not alcohol).
- You can take more morphine 4 hours later if you need it or as prescribed on your bottle. It can be taken throughout the day and night.
- Keep a record of how much morphine you are taking, this can be useful for the Health team supporting you-see over the page

Morphine may make you constipated- take your laxative as prescribed

Isn't Morphine only used for pain relief?

You might recognise this as a medicine used for pain, including when someone has cancer. However, it has also been used for many years for breathlessness, and is proven to be safe and effective. The doses of morphine used for breathlessness are very small (much smaller than would be used for pain), and the side effects are usually minimal. For most people the positive effects outweigh the negative.

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz

Date	Time	Dose	Bowels	Laxatives

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