

Wanem





Morphine

Doctor bi oda morphine for that nadha medicin u bi thekem a e no olsem meke dhat pain blo u cam beta.

Iya lo dhis buk dhempla ansa dhem qestan po pipal olsem u askem when upla theke morphine po past taim or nadha pain tablet.

Dha reason oli usem morphine po pain e no olsem las wan but pom eke dha person fil gud so emi can fil prapa gud olsems wen em stap lo aus an meke evry thing like u old taim mekem evry day. E olsem prapa important wen u gud cancer an u no should feel dha pain.

So oral morphine bin recognise ol round lo world as wan op dha gud wey pom eke udha gud dha cancer po no gede dha pain.

Wanem Morphine?

Medicine for help stop eh pain blor you, If you been tak e panadol or panadeine and still gud pain the Doctor go will give you morphine for stop e pain blor you.

Where Morphine come from?

Morphine e come from poppy plant

Dose this mean I go die soon?

No! All Doctor go use Morphine for stop pain when dem nuther medicine e no work. This will help you move better, sometimes Doctor go mix nuther medicine with morphine for help eh you me with any other pain or when you sick.

The morphine go make me sleep?

Wa, you go have to sleep because you go will have to catch up on the sleep you been loosem when you been feel pain. You should stop feel tired after a few days. If you still feel tired talk for you doctor straight way so thempla can give e you correct amount blor morphine.

Will I become dependant on Morphine?

Youpla can't become dependant on morphine because the doctor go use em for control pain blor you.

Can I drive if I be take morphine?

No, when you tak e morphine e go slow down you for make something. So you must no drive anything. It will make you think propa slow.

Can I take nuther tablets I go be lo morphine?

If you tak e nuther tablets and drink alcohol, you go feel sleep. You must let e your Doctor know wanem nuther tablets you take. The Doctor go speak you which tablet you go takem

Will morphine affect you cooma?

The doctor go give you tablet for help you cooma. If you can't cooma let you Doctor know straight way.

Ego make me spu or sick lo belly?

If you go feel sick or you feel like you wan de spu, let you Doctor know and he will give em ago you tablet for stop you from feel sick.

If I forget or loose everything when I take Morphine?

If you forget where you been e put something or can't think about wanem I been makem, tell you Doctor and em ego give you small amount.

Will thempla give me too much Morphine?

You me all different from one nuther, so Morphine blor you go be different to Morphine blor all nuther man.

What happens when my pain come back?

If you pain e comeback you need to see you Doctor straight way and em ego give you more Morphine to stop e pain blor you.

If I sing out to much from pain all ego growl me?

All Doctor blor you propa happy for you to tell e thempla when you feel e pain somewhere else the Doctor can treat you for that pain. Only you subby that pain blor you.





Youpla gud pain before the next time youpla go have to take MS Contin?

Youpla must let the Doctor know straight away, so he/she change make the dose more strong and stop the pain?

MS Contin Suspension

MS Contin Suspension comes in powder form and in Liquid.

If youpla get the MS Contin Suspension in powder form mix it with 2 teaspoons of water and tak e it straight way.

Ms Contin Suspension also comes in two different doses 20mg and 30mg.

Youpla must keep your Ms Contin Suspension in a cool dry place where it can't get wet.



Wanem MS Contin?

This tablet ego work slow, this Morphine go come out slowly inside you body. You only need for take MS Contin every 12 hours, this one ego help e you for sleep good. MS Contin lo Tablet and ene water

Q How come MS Contin tablets are different?

A *Thempla come lo different size ene colour*

Q How come them tablet so small

A *All e small so you can swell e them easy one.*

Q If them tablet e no work can I change em?

A *Tell Doctor blor you.*

Q How come MS Contin gud all different colour

A *The Doctor can tell how strong them tablet from colour blor thempla.*





Important things youpla must remember when youpla are taking MS Contin

Youpla must not break, smuss or chew the tablet. When taking MS Contin youpla must swallow em. The tablet go work slowly inside body blor you.

Keep youpla medicine in a safe place, that medicine is only for you. If you are taking too much tell Doctor blor you, so he/she can change your dose.

If Doctor blor you changes your dose, you ask em to write it down for you, so you subby how youpla are supposed to tak e. Sometimes the Doctor will order Short acting Morphine for you. Youpla can only have this Morphine if the Doctor has order it and youpla have extra pain.



When are the times that I should take MS Contin?

Youpla must tak e MS Contin when the Doctor blor you has ordered the Morphine for you to take.

Youpla must tak e MS Contin every 12 hours, when youpla wake up at 7:00am or 8:00am in the morning and at 7:00pm or 8:00pm at night.

Can I just take it when I feel the need to?

No! Youpla must tak e the Morphine when the Doctor has told you to tak e them. If youpla don't tak e the Morphine when youpla are supposed to it won't stop you from feeling sore or pain.





Big thankyou for my Uncle and cousin Harry and Shannon Gertz for the art work they have done in this booklet. Without their artwork the booklet would have been plain and dull. Hope this booklet will bring a better understanding for our Indigenous population.

Helen Burns Aboriginal Palliative Care Liaison Officer, Mount Isa District Palliative Care Team.

This book has been translated into Creole with the assistance of a Brett Mooney a Torres Strait Islander consultant and feedback groups from the Torres Strait Islands and mainland Torres Strait Islanders. We thank you very much.





Compiled by

Mount Isa District Palliative Care Service
C/- Mount Isa Base Hospital
Mount Isa Qld 4825 Telephone **4744 4828**

553 Gregory Terrace, Fortitude Valley Qld 4006
Telephone **07 3258 2200** Facsimile 07 3257 1306

www.cancerqld.org.au

Cancer Helpline 13 11 20 toll free

