

Tramadol (Ultram®) is a medication used to manage mild to moderate pain. It is available as an oral liquid, tablet, or capsule (immediate release [IR] or extended-release [ER]). ER tablets/capsules are long-acting and should not be crushed. The liquid and IR tablet (crushed) can be used if you or your loved one has trouble swallowing. Make sure to follow the hospice team's instructions carefully when using tramadol.

Possible side effects of tramadol:

Seek emergency medical help if you or your loved one have any of the following signs of a severe allergic reaction:

- swelling of the face, lips, tongue, or throat
- itchy skin rash
- trouble breathing

Side effects of tramadol may be very concerning. The hospice team will watch for serious side effects and make changes to the medication if necessary. Contact the hospice team immediately if you or your loved one is experiencing one or more of these serious side effects:

- Severe fatigue, severe dizziness, passing out
- Chest pain, fast heartbeat
- Confusion, seizures
- Severe abdominal pain
- Swelling of arms/legs
- Painful or trouble with urination
- Depression or other mood changes
- Muscle spasms

Potential less serious side effects of using tramadol may include:

- Dizziness, drowsiness
- Lack of strength and energy
- Nausea/vomiting
- Constipation, diarrhea
- Headache, anxiety
- Sweating a lot
- Dry mouth
- Trouble sleeping

Other things to be aware of when using tramadol:

- If you or your loved one is taking tramadol often, constipation is a common side effect. The hospice team may prescribe a laxative to help with bowel relief.
- Tramadol may cause drowsiness, which may impair physical or mental abilities. Your or your loved one should use caution when performing activities that require being alert (for example: driving or operating equipment).
- Avoid drinking alcohol with tramadol since it can increase the risk of side effects, particularly dizziness and drowsiness.

Contact the hospice team if you or your loved one's pain gets worse or does not improve.

Reference: *Clinical Pharmacology* Last accessed 6.12.24