

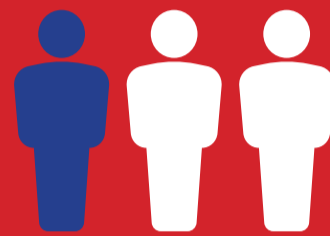


codeine

3 in **4** Australians who misused painkillers in the last 12 months misused OTC codeine.

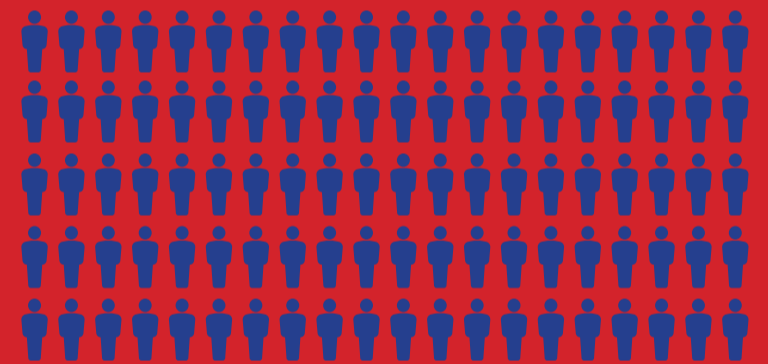


1 in **3** Australians aged 14 or older have used an OTC codeine combination product in the past 12 months (2015).



Codeine is recommended for a maximum of **3** days for acute short-term pain. It is not effective for chronic long-term pain.

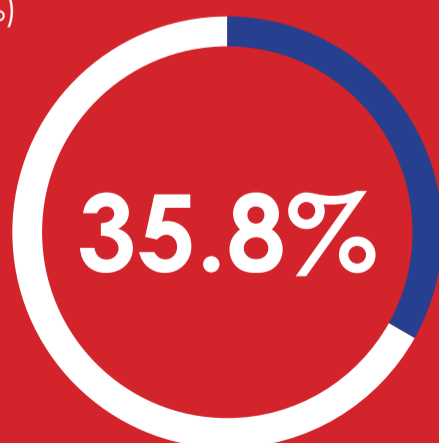
There were approximately **100** deaths in 2009 related to the use of OTC codeine. Based on the trend this is likely to have increased in recent years.



People with chronic back pain or headache commonly use on average **5** times the recommended daily dose (28 tablets) over 2 years.



More than **1** in **3** (35.8%) codeine-related deaths involve a person with chronic pain.



The rate of codeine-related deaths increased by more than **100%** between 2000 and 2009 (from 3.5 per million to 8.7 per million).

Long-term regular use of codeine can lead to **tolerance, physical dependence, poisoning and death.**

Most people don't know the risk.

Codeine is not available as an OTC medicine in the USA, most of Europe, Hong Kong, Japan and other countries.