

Medication Quiz

Have a go at the quiz below to test your knowledge. You will find the answers at the bottom of the page.

1. What is the main goal of using pain medicines in persistent pain?

- A. To make pain go away completely
- B. To reduce the intensity of pain so you can do more activities
- C. To make you sleep all day
- D. To avoid seeing your doctor

2. Name two common NSAID medicines:

- _____
- _____

3. True or False: Taking paracetamol by itself is always effective for back pain.

- True False

4. List three side-effects of opioids:

- _____
- _____
- _____

5. What percentage of people with persistent pain benefit from opioids?

- A. 10 %
- B. 40 %
- C. 60 %
- D. 90 %

6. What do nerve pain medicines like gabapentin or pregabalin do?

7. What are two common side-effects of nerve pain medicines?

- _____
- _____

8. True or False: You should keep taking nerve pain medicines even if your pain goes up on bad days.

True False

9. List three withdrawal symptoms if pain medicine is stopped too fast:

- _____
- _____
- _____

10. Name two helpful tips for safely reducing pain medicines:

- _____
- _____

 Answer Key

1. B — To reduce the intensity of pain so you can do more activities
2. Ibuprofen, Naproxen
3. False
4. Any three of: Nausea, Constipation, Drowsiness, Foggy thinking, Mood changes, Breathing problems, Addiction
5. A — 10%
6. They calm nerve signals so fewer pain messages reach the brain
7. Any two of: Drowsiness, Dizziness, Feeling wobbly, Weight gain, Swelling, Forgetfulness
8. True
9. Any three of: Anxiety, Low mood, Shivering, Hot/cold flushes, Nausea, Flu-like symptoms, More pain, Sweating, Irritability
10. Any two of: Reduce slowly, Choose a good time, Take breaks, Set goals, Write down reasons, Talk to a health professional, Use other pain strategies