



Oxford Interstitial Lung Disease Service

**Oramorph®**

Information for patients



Working in partnership:  
Oxford University Hospitals NHS Foundation Trust and  
Oxford Health NHS Foundation Trust

Oramorph is liquid morphine that is taken by mouth. Morphine is normally prescribed as a strong painkiller, but it can also work to help relieve your breathlessness.

For breathlessness, this medicine is usually prescribed in low doses of 2.5mg (1.25ml) to 5mg (2.5ml) and comes as a liquid for you to swallow. It is advisable to take it 15-20 minutes before any activity that makes you breathless, such as washing and dressing, or for the relief of shortness of breath after it has already developed.

Most people use Oramorph 3 to 4 times a day, but it can be used every 4 hours if you need it, to control breathlessness symptoms.

## What are the most common side effects?

Oramorph may make you feel drowsy, but this is likely to improve as you continue with the treatment. Because of this, we advise you to take the first dose before going to sleep at night and to see how you feel in the morning. If you do not feel drowsy you can start to try using the Oramorph during the day, when you feel you need it. If you do feel drowsy, then you should discuss this with your GP or Specialist ILD Nurse. You should also not drive when taking Oramorph, until it is clear how drowsy it makes you feel.

Constipation is a very common side effect of taking Oramorph. You may find that you need to take a laxative, which you can buy over the counter or discuss with your GP.

You may feel sick or vomit during the first 48-72 hours of starting this medication, but this usually improves after this time. If it continues, then you should seek advice from your GP or Specialist ILD Nurse.

Oramorph can also cause itching of the skin. This may be helped by taking antihistamines, which you can buy over the counter or your GP can prescribe.

**If you experience any of these side effects and they continue, despite taking the above steps, please let your GP or your Specialist ILD Nurse know.**

You have been prescribed: ..... mg in ..... ml

*A syringe will make it easier for you to measure your Oramorph.  
Please ask your local pharmacist to provide one for you.*

Address label

## How to contact us

If you have any further questions please do get in touch. Useful phone numbers are listed below.

**Oxford Interstitial Lung Disease Team** *(Churchill Hospital)*

**Lead Consultants' Secretary**

Tel: 01865 225 223

**ILD Specialist Nurse**

Tel: 01865 227 050

Email: [oxford.ILD@ouh.nhs.uk](mailto:oxford.ILD@ouh.nhs.uk)

If you have a specific requirement, need an interpreter,  
a document in Easy Read, another language, large print,  
Braille or audio version, please call **01865 221 473**  
or email **[PALS@ouh.nhs.uk](mailto:PALS@ouh.nhs.uk)**

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