



## SHALOM HOUSE

In 1997 Shalom House in St Davids was gifted in trust to provide a respite service for people in Pembrokeshire.

### Founder

Margaret Burnett MBE

### Patron

Professor Ilora Finlay  
Baroness of Llandaff

### Trustees

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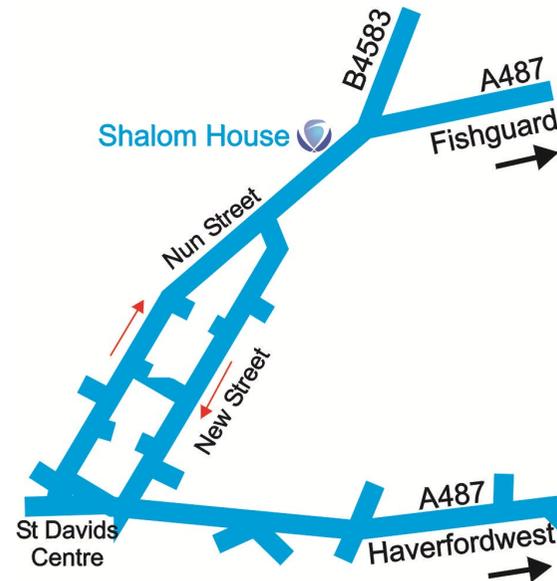
Anne Symons

Dr. Frank Tobin



### How to find us

We are on the left hand side of Nun Street on the way out of St Davids towards Fishguard



### How to refer

We take referrals from—  
general practitioners & community nurses  
hospital doctors, nurses & therapists  
carers, relatives & patients

You can refer to us by—  
phone, fax, mail or email

When we receive a referral—  
we phone the patient to arrange a meeting  
either at Shalom House or their home



## Palliative Care Centre

*Advice on Driving  
when taking strong  
painkillers / medication*



113 Nun Street  
St Davids  
Pembrokeshire  
SA62 6BP

Tel 01437 721 344  
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Charity number 1117564  
Company number 5437976



## **Advice on driving when taking strong painkillers / medication**

You may have noticed that the label on your painkiller medication says

*“May cause drowsiness, if affected do not drive or operate machinery. Avoid alcoholic drinks.”*

If you are someone who drives you may be wondering if it is safe for you to drive. Hopefully the information in this leaflet will help you to decide.

Strong painkillers affect each person in a different way, they make some people drowsy and their reactions may become slower than usual. This may be made worse if you take other medication that cause drowsiness at the same time or drink alcohol.

By strong painkillers we mean drugs like Oramorph , MST Oxynorm, Fentanyl , Oxycontin.

- You should not drive for 5 days after starting changing your dose of strong painkillers. Sometimes longer is needed.
- You must not drive if you feel sleepy or drowsy
- You must not drive after drinking alcohol or after taking drugs which have not been prescribed for you by your doctor e.g. cannabis



- You must not drive if you start taking other drugs that cause sleepiness, either from your doctor or over the counter from your chemist e.g. hay fever or flu medicine
- You must not drive on days where you have had to take extra doses of a strong painkiller e.g. breakthrough or rescue doses.

## **Restarting driving after commencing medication**

If after 5 days you are not sleepy you may start driving again, try to make your first trip:

- Short
- On roads you are familiar with
- At a time when traffic is not too busy
- You may find it helpful to have an experienced driver accompany you at first.

*Driving advice for palliative care patients taking strong opioid medication – Palliative Medicine 2004*

*Nicola Peases, Helen Taylor, Heather Major*

*Reproduced by Allyson Burrows for Shalom 2012*



## **Drivers Vehicle Licensing Agency (DVLA)**

You do not need to inform the DVLA that you are starting or taking strong medication,

However, there maybe other information they need to know, your doctor or the DVLA can advise you about this. A member of your Specialist Palliative Care team or GP will also be happy to help you decide if its safe for you to drive. If in any doubt seek help.

Telephone number for DVLA enquiries is

0870 600 0301

You will need your licence number, they also have a web site [www.dvla.gov.uk](http://www.dvla.gov.uk)

Their address is DVLA, Longview Road, Morriston, Swansea SA99 8QD

You may also need to inform your motor insurance company about your current state of health and what medication you are taking. Each insurance company is different. It is best to discuss your own circumstances with your insurance company to be sure you are covered.

