

Taking fentanyl (buccal/sublingual) tablets for pain

What is a fentanyl buccal/sublingual tablet?

- Fentanyl is a strong morphine like medicine
- There are two types: Fentora (buccal) and Abstral (sublingual) tablets.

Why do I/ my child need to take fentanyl (buccal/sublingual) tablets?

- Fentanyl is used to reduce moderate/severe rapid onset (breakthrough) pain.

When should fentanyl (buccal/sublingual) tablets be taken?

- For rapid onset of pain
- Prior to anticipated or known painful event/ procedure such as wound care or pain on moving about.

How do I use the tablets?

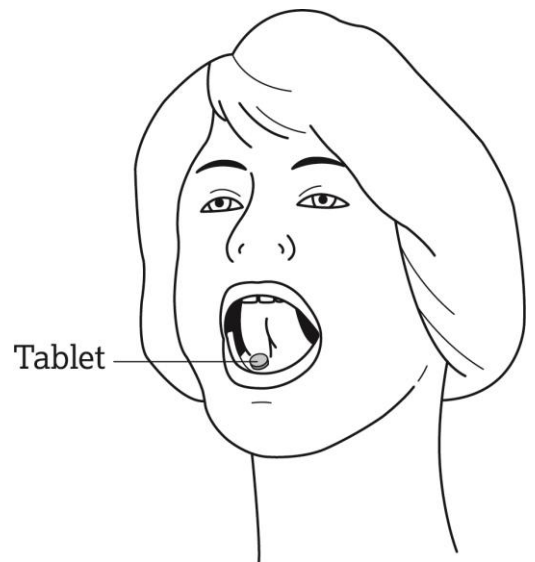
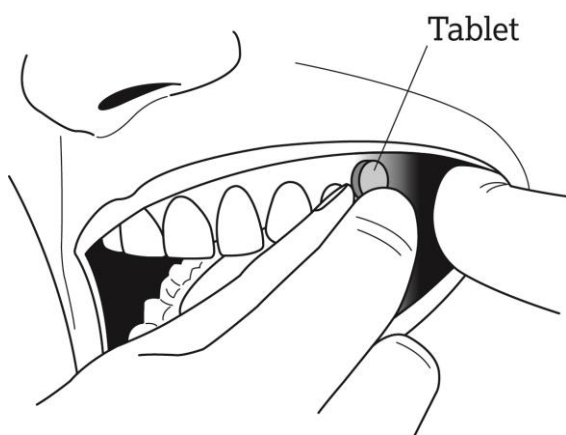
Fentora (buccal) tablet

Place a Fentora tablet in your mouth above a rear **molar tooth** between the upper cheek and gum.

OR

Abstral (sublingual) tablet

Place an Abstral tablet under your tongue.



- You should only use either Fentora or Abstral tablets
- If your mouth is dry, take a drink before taking the tablet
- The tablet generally takes between 15 to 25 minutes to dissolve
- Do not split, suck, chew, or swallow Fentanyl tablets as you will get less pain relief.

How much fentanyl (sublingual/buccal tablet) should I/my child take?

- Take a whole Fentanyl tablet
- If you/your child's pain does not get better within 15 to 30 minutes after taking the first tablet, you can take another Fentanyl tablet
- You should **not** take more than 2 tablets of Fentanyl for each pain episode
- You should wait 4 hours before taking any further doses
- If your pain does not get better after the second dose of Fentanyl tablet, either follow your pain plan or contact The Royal Marsden symptom care team for further advice (contact details below).

What side effects do fentanyl (buccal/sublingual) tablets cause?

If you begin to feel dizzy, sick in your stomach, or very sleepy before the tablet is completely dissolved, rinse your mouth with water and spit the remaining pieces of the tablet out into a bowl, sink or toilet.

The most common side effects of Fentanyl are:

- Nausea
- Vomiting
- Dizziness
- Tiredness
- Headache
- Constipation.

Is there anything else I /my child need to be made aware of?

Grapefruit and grapefruit juice may interact with Fentanyl so do not take together.

If you have any questions, please contact:

The Royal Marsden Children and Young Peoples Oncology Outreach and Symptom Care Nurse Specialists (CYPOONS)

Tel: 020 8661 3625 (Monday to Friday, 9am-5pm)

Out of hours (evenings and weekends)

Tel: 020 8642 6011 follow the electronic message to The Royal Marsden switchboard and ask for the PATCH team.

