

## Codeine

Codeine is a moderate to strong opioid agonist that works by activating mu receptors in the central nervous system (CNS) and periphery to produce analgesia. This medication is indicated in the treatment of mild to moderate pain and can also be used as an antitussive. Patients taking codeine may experience sedation, constipation, and constriction of the pupils. Codeine may also be combined with non-opioid analgesics, such as acetaminophen and aspirin to elicit a greater analgesic effect.



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### Mechanism

#### Opioid Receptor Agonist

##### Poppy-droid Receptor Dragonist

This opioid analgesic works by activating mu opioid receptors in the CNS and periphery, producing pain relief, sedation, and respiratory depression.

### Indications

#### Mild to Moderate Pain

##### Mild to Moderate Pain-bolt

Codeine is intended to relieve mild to moderate pain. Because this medication is classified as a moderate to strong opioid, pain relief is less than that of other strong opioid agonist medications such as morphine.

#### Cough Suppressant

##### Coughing Coffee-pot Suppressed

Opioids act in the medulla to suppress coughing. Though the antitussive effect may be a desired outcome of codeine therapy, lack of coughing can cause secretions to accumulate in the airway. Patients should be instructed to induce coughing at regular intervals to maintain a clear airway.

### Side Effects

#### Sedation

##### Sedation-dart

Use of codeine can cause sedation, and should be used with discretion.

#### Constipation

##### Corked Con-toilet

Opioids can decrease GI peristalsis, and reduce secretion of fluids into the intestines, causing constipation. Laxatives or stool softeners can be used to prevent constipation.

## Miosis

### Mice-eyes

Codeine can cause constriction of pupils, leading to impaired visual acuity. Patients should keep lights on during the day to reduce the risk of injury associated with impaired vision.

## Considerations

### Close Monitoring When Breast Feeding

#### Close Monitor at Breast Feeding

Women who are breastfeeding should use caution when taking codeine. This medication can cause unsafe levels of morphine in breast milk. Babies who become intoxicated may be lethargic, more sleepy than usual, disinterested in eating, or have difficulty breathing.

### Often Combined with Non-Opioids

#### Nun-Poppy-droid

Codeine is often combined with non-opioid analgesics such as acetaminophen or aspirin. Because the medications have different mechanisms of action, when combined, they can relieve pain better than any of the medications alone.