



Do you know the facts about **OPIOID PAIN MEDICATIONS?**

WHAT IS AN OPIOID?

An opioid is a strong prescription medication, often prescribed to help relieve pain. Potential side effects of opioids include nausea, vomiting, sleepiness, dizziness, and/or constipation.

Common names of opioids:

- Hydrocodone (Vicodin, Norco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Tramadol (Ultram)
- Methadone
- Hydromorphone (Dilaudid)
- Oxymorphone (Opana)

Only use your opioids for the reason that they were prescribed.

USING OPIOIDS SAFELY

- Ask your doctor if you can take over-the-counter pain medication such as acetaminophen or ibuprofen as an alternative to opioids.
- Use your opioid prescription only if you still have severe pain that cannot be controlled by over the counter medications (or other non-opioid prescriptions).
- Make sure your doctor is informed of any current prescriptions you are taking including benzodiazepines like Valium, Xanax, or Ativan.
- Do not mix opioids with alcohol or other medications that can cause drowsiness.
- As your pain gets better, wait longer between taking your prescribed opioid dosage.
- Only use opioids for severe pain. Do not use your pills for other reasons.
- Your opioid prescription was prescribed to YOU. Do not share your pills with others.



You are the most important part **OF YOUR HEALTHCARE TEAM**

THE FACTS: OPIOID ADDICTION

You are at higher risk of developing a dependence or an addiction to opioids if you:

- Have a history of depression or anxiety.
- Have a history of using or abusing alcohol, tobacco or drugs (including prescription or street drugs).
- Have a history of long term (chronic) pain.
- Take opioids for longer than a week.
- Take more pills, more often, than your doctor prescribed.

Opioid use puts you at risk of dependence, addiction or overdose!

SAFELY STORE YOUR OPIOIDS + DISPOSE OF ANY UNUSED PILLS!

Safely store opioids out of reach of infants, children, teens and pets.

- Lock up your pills, if possible.
- Try to keep a count of how many pills you have left.
- Do not store your opioids in places that allow easy access to your pills (i.e. bathrooms, kitchens).

SAFELY dispose of unused opioids:

- Medication Take-Back Drives
- Pharmacy and police station drop boxes
- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away.

To find a list of local places that will take back your unused opioids, visit:

<https://apps.deadiversion.usdoj.gov/pubdispsearch>