What I should know about opioid pain medicine

WHAT IS AN OPIOID?

Opioids are strong pain medicines that are used to treat moderate to severe pain when other pain medications have not worked.

Common Pain Medications

- Asprin
- Tylenol
- Ibuprofen
- Aleve
- Gabapentin
- Lyrica
- Lidocaine



Signs of an Overdose

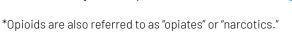


Seek immediate medical attention if you experience:

- Severe dizziness
- Inability to stay awake
- Hallucinations
- Heavy or unusual snoring
- Slow breathing

Opioid Medications*

- Phenergan with codeine cough medicines
- **Norco** hydrocodone with acetaminophen
- Percocet oxycodone with acetaminophen
- Tylenol #3 acetaminophen with codeine
- MS Contin morphine
- Oxycontin oxycodone
- Ultram tramadol
- Pain patches fentanyl
- **Dilaudid** hydromorphone



Do Not Use While Taking Opioids**

Powerful

& habit

forming

**Unless specifically advised by your doctor

SUBSTANCES	EXAMPLES
Alcohol	Beer, Wine, Liquor
Anti-Anxiety Pills	Xanax or Valium
Muscle Relaxants	Soma or Flexeril
Sleep Aids	Ambien or Lunesta



- Slow or no heartbeat
- Aren't breathing
- Cannot be woken up
- Lips or fingernails are blue
- Can't speak clearly
- While asleep making gasping, gurgling, or snorting sounds

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Common Side Effects



Dizziness, drowsiness



Low blood pressure upon standing



Dry mouth



Itching & sweating



Low sex hormones, low energy



Constipation, nausea, vomiting

Important Things to Know

- Use opioid medicines AS NEEDED AND DIRECTED only
- If taken for more than 2 weeks, speak with your doctor for a plan to stop
- **NEVER** take more than prescribed
- DO NOT DRIVE until you know how the medication affects you
- NEVER take someone else's medicine
- **NEVER** sell or share your medicine

Talk to your provider about any concerns or questions you have about how to take your medication.

Factors that Increase Risks of Dangerous Side Effects

- Are age 65 or older
- Sleep apnea, COPD, asthma, kidney or liver problems
- First time opioid users
- High dose of opioids
- Currently taking medications for anxiety or sleep
- Have a history of problems with alcohol or other substances

Anti-Overdose Medication

- If you are taking opioid medicines, ask your doctor about Naloxone, a medicine that can temporarily reverse overdose and prevent death.
- If you are unsure if an opioid is causing symptoms, still give Naloxone as it is not known to cause any harm in non-opioid overdose.
- Immediate medical attention is required even if Naloxone is administered.

If you or someone you know are struggling with addiction, tell your doctor or call the **National Helpline** at **1-800-662-4357**.

POTENTIAL RISKS

Tolerance: need a higher dose to get the same pain relief effect

Dependence: withdrawal symptoms if stopped abruptly

Withdrawal symptoms: pain, aches, sweating, nausea, vomiting, trouble sleeping

Addiction: dependence with abusive pleasure seeking behavior



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