

Know Your Options

Talk to your healthcare provider about ways to manage your pain without opioids. Other methods may actually work better and have fewer risks and side effects.

Options may include the following:

- Other pain relievers, such as acetaminophen (Tylenol), ibuprofen (Advil or Motrin), or naproxen (Aleve)
- Physical therapy and exercise
- Working with a therapist to learn ways to change the triggers of pain and stress
- Some medicines that are also used for depression or seizures

Safely dispose of unused prescription opioids.

Community Take Back Program

Rolla Police Department
1007 North Elm Street
Rolla, MO 65401

St. James Police Department
200 North Bourbeuse Street
St. James, MO 65401

Safe disposal pouches are available at locations across the area.

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Opioid misuse or abuse can be deadly. You can take action to protect yourself and others.

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Prescription opioids are medicines used to help relieve severe pain. They are often prescribed after a surgery or injury, or for certain health problems. Some common opioid medicines are codeine, hydrocodone, methadone, morphine and oxycodone. These medicines can be an important part of treatment. They also come with serious risks. Work with your healthcare provider to make sure you are getting the safest, most effective care.

While You Are Taking Prescription Opioids:

Never use alcohol or street drugs. Taking them together can kill you.

Unless your doctor specifically says it is OK, do not take any of these medicines:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Sleeping pills (such as Ambien or Lunesta)
- Other prescription opioids

Do not take any other pills or vitamins unless your doctor says it is OK.

If You Are Prescribed Opioids for Pain, Remember the Following:

Be informed. Keep your prescription in the bottle it came in. Make sure you know:

- The name of your medicine
- How much to take
- How often to take it
- Side effects to watch out for and when to call your doctor

Do not take more pain medicine than your healthcare provider tells you to.

Do not take pain medicine more often than you are told to.

Follow up with your primary healthcare provider.

- Work together to create a plan on how to manage your pain.
- Talk about ways to help manage your pain that do not involve prescription opioids.
- Talk about your concerns and side effects.

Ask your doctor or pharmacist if you should get a naloxone kit.

A naloxone kit can save your life if you have an accidental overdose.

Help prevent misuse and abuse.

- Never sell or share prescriptions opioids.
- Never use another person's prescriptions opioids.

Lock up prescription opioids in a safe place and out of the reach of others including visitors, children, friends and family. Do not keep prescription opioids in your medicine cabinet where anyone can find them.

What Are the Risks and Side Effects?

The biggest risks of prescription opioids are addiction and overdose. Risks are higher when you use prescription opioids for a long time. An opioid overdose can cause **slowed breathing and sudden death.**

Prescription opioids can have side effects, even when taken as directed, including:

- Constipation (the most common side effect)
- Tolerance (the need to take more medicine for the same pain relief)
- Physical dependence (symptoms of withdrawal when you stop taking them)
- Greater sensitivity to pain
- Nausea, vomiting and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone, which can lead to lower sex drive, energy and strength
- Itching and sweating

The risks of using prescription opioids are greater if you meet any of the following criteria:

- Have a history of drug misuse, substance abuse disorder or overdose
- Have a mental health condition, such as depression or anxiety
- Have sleep apnea
- Are age 65 or older
- Are pregnant