

KNOW THE RISKS OF OPIOID PAIN MEDICATIONS

Opioid pain medications can help with severe, acute pain. These medications can be an important part of treatment but also come with serious risks of addiction and overdose, especially with prolonged use. Some of the common names include oxycodone combined with acetaminophen (Percocet®); oxycodone (OxyContin®); hydrocodone combined with acetaminophen (Lortab® and Vicodin®); and Tramadol (Ultram®).

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THESE MEDICATIONS:

- Cause your brain to block the feeling of pain; they do not treat the underlying cause of pain.
- Are very addictive, especially if they are not used correctly.
- Increase your chances of accidental overdose, coma and death if taken with prescription medications, including anti-anxiety and sedating medications, and alcohol.

WHAT ARE THE RISKS?

- Side effects like physical dependence, increased sensitivity to pain, depression, nausea and vomiting.
- Overdose
- Addiction
- Opioid Use Disorder

WHAT ARE ALTERNATIVES TO OPIOIDS?

Many non-opioid treatments may control pain effectively with fewer side effects such as:

- Physical therapy and/or exercise
- Non-opioid medications such as acetaminophen or ibuprofen
- Massage Therapy
- Cognitive behavioral therapy (CBT)
- Chiropractor
- Acupuncture

HOW DO I DISPOSE OF OPIOID MEDICATIONS?

- Do not flush your medicines down the toilet or down the drain. Many pharmacies and the Tallahassee Police Department offer safe drug disposal kiosks. If this is not available, dispose of old medications in the trash.

PROPER DOSAGE:

- Never share your prescription with anyone. Most addiction begins with medication from a friend or family member.
- It is imperative that you keep your medications out of the reach of young children but also safely protected from any individuals living in or coming into your home.

KNOW THE RISKS OF OPIOID PAIN MEDICATIONS

As your healthcare providers, we promise to:

MANAGE

Provide the best possible treatment to manage your pain. Non-opioid pain relievers, physical therapy and cognitive behavior may be useful alternatives.

CUSTOMIZE

Work closely with you to set pain management goals and develop a treatment plan that will help you achieve your goals.

COLLABORATE

Assess the risks and benefits of prescription opioids together, and prescribe opioids only when their benefit outweigh their risks.

If you are prescribed a medication, ask your doctor if it is an opioid or if there is risk for addiction. If the answer is yes, ask for alternatives.

How can I get help?

If you or a loved one have a problem with painkillers, call (904)-875-6114 (Adults) or (904)-875-6113 (Youth).

