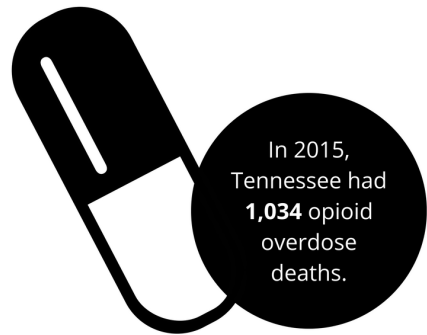


What Questions Should You Ask Your Doctor?

- Are there other options to try before I start opioids?
- Are you prescribing the lowest amount for the fewest days?
- What medications should not be used together with opioids?
- Can I get addicted to opioids? If so, how will I know?
- How do I know when to stop using opioids and how should I stop?
- What should I do with my leftover prescriptions?

As a patient, it is important to discuss your medications with your doctor.



Resources:

Tennessee Prescription Drug Overdose
<http://www.tn.gov/health/section/PDO>

Department of Mental Health and
Substance Abuse Services
<https://www.tn.gov/behavioral-health/>

Tennessee Prescription Take Back
Locations
<http://tdeconline.tn.gov/rxtakeback/>

For immediate help, call The Red Line at
1-800-889-9789



Prescription Opioid Pain Medicines: What You Need To Know



What Are Opioids?

Opioids are a type of medicine that are meant to reduce feelings of pain.

Common prescription opioids include:

- Hydrocodone
- Oxycodone
- Oxymorphone
- Methadone
- Morphine
- Fentanyl

Common brand names are:

- Norco
- Vicodin
- OxyContin
- Percocet
- Dilaudid
- Exalgo

Ask your doctor if you are not sure if you are being prescribed an opioid.

Common street names are:

- Hydro, Vike, Norco
- OC., Oxy, Percs
- Biscuits, Blues, Mrs. O
- Amidone, Fizzies
- M, Miss Emma, Monkey
- Apache, China White, Dance Fever

What Are the Side Effects of Taking Opioids?

- Constipation
- Upset stomach
- Vomiting
- Dry mouth
- Itching
- Sweating
- Confusion
- Sleepiness
- Dizziness

What Are the Risks of Taking Opioids?

- Increased sensitivity to pain
- Tolerance: needing to take more of the medication for the same pain relief
- Physical dependence: having signs of withdrawal when the medication is stopped
- Depression



Serious risks of taking opioids include overdose, addiction and death.



Storage and Disposal

Keep all prescriptions in a locked cabinet and be aware of the number of pills in the bottle. Get rid of your unused prescriptions at a Tennessee take-back location.

What Do You Need To Know?

- Opioids are highly addictive.
- Everyone is at risk of abuse, addiction and overdose.
- There are other options for taking care of pain.
- Just because a prescription comes from a doctor does not mean it is 100% safe.
- Opioids are not the best for long-term pain relief.
- Do not take prescription pills that are not given to you by a doctor.

It only takes a little to lose a lot.
