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## 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?
- What should I do with my leftover prescription drugs?

### Also, think about asking:

- What birth control options can I use to avoid pregnancy while using opioids?
- If using opioids is my only treatment option, should I get a pregnancy test before I start?
- What should I do if I get pregnant while using opioids or plan on becoming pregnant?
- What are the risks to my child if I take opioids while pregnant?

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

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### 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

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## Prescription Opioid Pain Medicines: What You Need To Know A Guide For Women

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Tennessee Department of Health



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## 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?

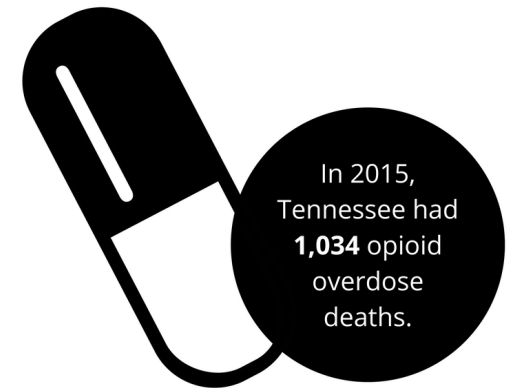
- Increased sensitivity to pain
- Tolerance: needing to take more of the medication for the same pain relief
- Physical dependence: having signs of withdrawal when the medication is stopped
- Depression



**Serious risks of taking opioids include overdose, addiction, death and bad effects on your baby.**

## What Do You Need to Know?

- Opioids are highly addictive.
- Everyone is at risk of abuse, addiction and overdose.
- Opioids are not the best for long-term pain relief.
- Just because a prescription comes from a doctor does not mean it is 100% safe.
- Avoid unplanned pregnancy if you are using opioids.
- Let your provider know if you become or plan on becoming pregnant when on opioids.
- If opioids are used during pregnancy, the baby is at risk of withdrawal from these drugs (Neonatal Abstinence Syndrome).



**It only takes a little to lose a lot.**