

MEDICATION FACT SHEET: Opioids and Pain Management

If you or someone you love is experiencing pain, you may visit a doctor seeking prescription pain relief. Opioids are one way to alleviate pain, but they come with a substantial risk if misused, used over long periods of time, used in high doses, or combined with other medications. Risks include depressed breathing (insufficient oxygen intake), dependency and possibly death. This fact sheet will help you identify prescription opioids and possible alternatives to minimize risk to yourself or those you love.

Prescribed Opioids Can Come in a Variety of Forms



If your medication contains one of the following generic medications, it contains an opioid, which requires caution and vigilance in use, storage and disposal:

- Buprenorphine
- Codeine
- Diphenoxylate
- Fentanyl
- Hydrocodone
- Hydromorphone
- Meperidine
- Methadone
- Morphine
- Oxycodone
- Oxymorphone
- Pethidine
- Propoxyphene
- Tramadol

Non-Habit Forming Options Include:



Over-the-Counter Pain Reliever:

Acetaminophen, Aspirin,
Naproxen, Ibuprofen



Prescription Options for Pain Include:

Prescription strength Nonsteroidal
Anti-Inflammatory Drugs (NSAIDs)

Other prescription non-opioid pain relievers include: anti-epileptics, antidepressants, topicals, muscle relaxants, and steroids. Talk to your doctor about the risks and benefits of any medication.

It is ok to ask questions of your doctor or pharmacist. You deserve to understand why something has been suggested, and if it is the best course of action for you. If you and your doctor determine that opioids are the best course of treatment, follow your doctor's guidance and use them safely with the tip sheet found here: safeproject.us/painkillers.

DISCLAIMER:

This information is not intended to provide medical advice. The information contained is not intended to be a substitute for, or to be relied upon as, medical advice, diagnosis, or treatment. It is for informational purposes only. Always seek the advice of a physician or other qualified health provider with any questions you have regarding a medical condition.