

**You are
the most
important
part of
your
healthcare
team –**
ask questions
and know
the facts
before using
opioids for
your pain.

Michigan-OPEN.org

Safely store your opioids & dispose of any unused pills!

Safely store opioids out of reach of infants, children, teens & pets.

- Lock your pills if possible.
- Try to keep a count of how many pills you have left.
- Do not store your opioids in places that allow easy access to your pills. (Example: bathrooms, kitchens)

SAFELY dispose of unused opioids:

- Medication Take-Back Drives
- Pharmacy & police station drop boxes
- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away.

To find a list of local places that will take back your unused opioids, visit:

Michigan-OPEN.org/takebackmap

Michigan OPEN is partially funded by the Michigan Department of Health and Human Services.

Do you know the facts about **opioid pain medications?**



OPEN
OPIOID PRESCRIBING ENGAGEMENT NETWORK

What is an opioid?

An opioid is a strong prescription pain medication. Some possible side effects include nausea/vomiting, sleepiness/dizziness &/or constipation.

Common names of opioids:

- Hydrocodone (Vicodin, Norco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Tramadol (Ultram)
- Methadone
- Hydromorphone (Dilaudid)
- Oxymorphone (Opana)

Only use your opioids for the reason they were prescribed.



Understanding pain goals after surgery

Our goal is to control your pain enough to do the things you need to do to heal: walk, sleep, eat & breath deeply.

Using opioids safely

- Ask your surgeon if it is okay to use over-the-counter acetaminophen (Tylenol) or ibuprofen (Motrin, Advil).
- Use your opioids if you still have severe pain, that is not controlled with the over-the-counter medications, or other non-opioid prescriptions.
- Let your doctor know if you are currently taking any benzodiazepines (i.e. Valium, Xanax).
- Do not mix opioids with alcohol or other medications that can cause drowsiness.
- As your pain gets better, wait longer between taking opioids.
- Only use your opioids for your surgical pain. Do not use your pills for other reasons.
- Your opioids are only for you. Do not share your pills with others.

Things to know:

- Pain after surgery is normal.
- Everyone feels pain differently.
- Pain is usually worse for the first 2-3 days after surgery.
- Most patients report using less than half of their opioid pills; many patients do not use any of their pills!

Know the facts about opioid addiction

You are at higher risk of developing a dependence or an addiction to opioids if you:

- Have a history of depression or anxiety.
- Have a history of using or abusing alcohol, tobacco or drugs (including prescription or street drugs).
- Have a history of long term (chronic) pain.
- Take opioids for longer than a week.
- Take more pills, more often, than your doctor prescribed.

Opioid use puts you at risk of dependence, addiction or overdose!

Other things to try for pain relief:

- Relaxation, meditation, and music can help control your pain.
- Talk to your doctor if your pain is not controlled.

Surgeon: _____

Phone Number: _____