

So you have been prescribed an opioid?

Sometimes children and teens need opioids.

Opioids can be safe when used properly.

Here are some ways to take them safely:

Combine opioids with non-opioid pain medicines

Take opioid pain medicine combined with another non-opioid pain reliever. Ibuprofen (Advil or Motrin) works best, but acetaminophen (Tylenol) works, too.

Use opioids for a short time only

Most times, you will need opioids for only a few days. Ask your pharmacist to split and hold your prescription if it is for a large number of pills.

Watch out for side effects

Opioids can cause constipation, nausea, drowsiness, or dizziness. Many of these side effects can be managed with over-the-counter medicines. Call your doctor or pharmacist if the side effects are hard to manage. If you have difficulty breathing, seek medical attention immediately.

Store the opioid safely

Keep the opioid locked and out of reach of children, teens, and pets.

Never share opioids with anyone else

You should be the only one to take the opioid and you should only take the recommended dose of the opioid for the reason you received it.

Safely dispose of the opioid

Once you no longer need an opioid pain medicine, bring the leftover pills to your pharmacy in a clear plastic bag. Your pharmacist will safely dispose of any unused medication.



Your provider cares about you and is committed to managing your pain safely.

- Taking opioids prescribed to you for medical use is not “doing drugs.”
- The benefits outweigh the risks when opioids are being taken for proper medical reasons.
- There is no direct evidence that short-term opioid use is associated with later misuse.
- Let your provider know if you or members of your family have a history of substance use.



Talk to your provider if you have fears about using this medicine.

Taking opioids for medical reasons can be a safe way to manage your pain.

If your pain is poorly treated or untreated, there can be negative effects:

- You may have a slower healing time.
- You are more likely to return to the hospital.
- You are more likely to develop chronic pain.

Taking opioid pain medicines can reduce your pain so that you can heal faster and get back to your normal activities.

Ask your pharmacist if you have any questions.

My provider's phone number: _____

My pharmacist's phone number: _____