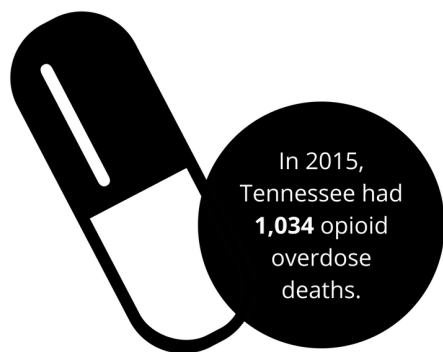


## What Questions Should You Ask Your Child's Doctor?

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

**It is important for you to discuss your child's medications with a doctor and to look after your child's prescription drug use.**



### 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 A Guide For Parents

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

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## What Are the Side Effects of Taking Opioids?

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

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## 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.**



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## How Can You Prevent Your Child From Abusing Prescription Drugs?

- Talk openly to your teenager about prescription drug abuse.
- Store medicines in a safe place and get rid of unused, unwanted and expired medicines.
- If your child is prescribed opioids, make sure that he/she follows the instructions.
- Do not allow your child to share medicines with friends.

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## What Do You Need to Know?

- Opioids are highly addictive.
- Every child may be at risk of prescription drug 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.
- Teenagers are at more risk of prescription drug abuse.

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

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