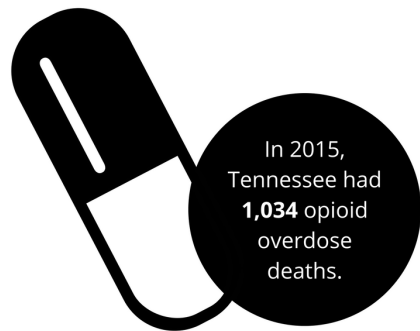


What Questions Should You Ask Your Doctor?

- 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 with opioids?
- Can I get addicted to opioids? If so, how will I know?
- How and where should I store and get rid of my prescriptions?

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



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 Seniors

Tennessee Department of Health



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

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

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 increased likelihood of falling.

What Medicines Should You NOT Take With Opioids?

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescribed opioids

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.
 - Store your medicines in a safe place and get rid of unused, unwanted and expired medicines.
 - Avoid mixing medications.
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