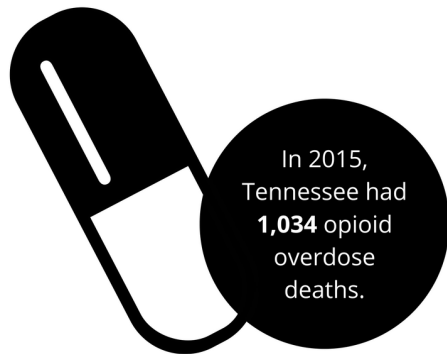

What Questions Should You Ask Your Doctor?

- Are there other options to try before I start opioids?
- Are you prescribing the lowest amount for the fewest days?
- Can I get addicted to opioids? If so, how will I know?
- What should I do with my leftover prescription drugs?

Also, think about asking:

- How often should I take the opioids for pain relief?
- How do I know when to stop using opioids and how should I stop?

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 Surgery and Injury Patients

Tennessee Department of Health

The Tennessee Department of Health logo, featuring three blue stars arranged in a circle, with the text "Tennessee Department of Health" below them. The logo is set against a white background with a grey horizontal bar above and below it.

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

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 and death.



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 opioid misuse, abuse, and addiction.
- 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.
- Having pain after a surgery or an injury is normal and should be expected.
- It is okay to take less than the prescribed amount if your pain is managed.

It only takes a little to lose a lot.
