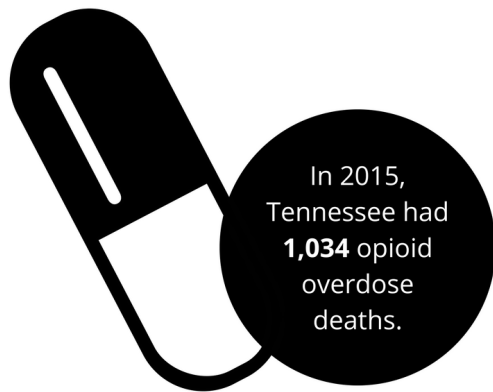

What Questions Should You Ask Your Doctor?

- Are there other options to try before I start opioids?
- Can I get addicted to opioids? If so, how will I know?
- What medications should not be used together with opioids?
- What should I do with my leftover 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 Teenagers

Tennessee Department of Health

The Tennessee Department of Health logo, which consists of three blue stars arranged in a triangle, enclosed within a light blue circular border.

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 Can You Do to Avoid Abusing Prescription Drugs?

- Follow the instructions for your prescription.
- If a friend offers you prescription drugs, do not take it. It is okay to say no.
- Do not take unused prescription drugs to school or share them with friends.
- Find healthy ways to deal with stress.

What Do You Need to Know?

- Prescription drugs can be highly addictive and can be as deadly as illegal drugs.
- Everyone is at risk of abuse, addiction and overdose.
- There are other options for taking care of pain.
- Just because a prescription comes from a doctor does not mean it is 100% safe.
- Do not take prescription pills that are not given to you by a doctor.

It only takes a little to lose a lot.
