

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 together with opioids?
- Can I get addicted to opioids? If so, how will I know?
- How do I know when to stop using opioids and how should I stop?
- What should I do with my leftover prescriptions?

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

While drug overdose deaths have begun to decline, continued prevention and harm reduction activities are needed to maintain the decrease. Continued training and awareness of how to use naloxone and fentanyl test strips is important. Family, friends, and the general public should know how to administer naloxone to assist a person who uses drugs if an overdose occurs.



Tennessee Prescriptions Drug Overdose

<https://www.tn.gov/health/health-program-areas/pdo/pdo/data-dashboard.html>

Department of Mental Health and Substance Abuse Services

<https://www.tn.gov/behavioral-health.html>

Tennessee Prescription Take Back Locations

<https://tdeconline.tn.gov/rxtakeback/>

Naloxone Training Information

<https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/naloxone-training-information.html>

For immediate help, call The Red Line at 1-800-889-9789



Prescription Opioid Pain Medicine

What You Need to Know A Guide For Seniors



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.

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

Increased tolerance resulting in the need to take more 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.

Storage and Disposal

Keep all prescriptions in a locked cabinet and be aware of the number of pills in the bottle. Dispose of your unused prescriptions at a Tennessee take-back location.

Locations can be found online at:

<https://tdeconline.tn.gov/rxtakeback/>



What Do You Need to Know?

Opioids are highly addictive.

Everyone is at risk of opioid abuse, addiction, and overdose.

Just because a prescription comes from a doctor does not mean it is 100% safe.

Opioids are not the best for long-term pain relief.

Do not take prescription pills that are not given to you by a doctor.