

OPIOID PATIENT INFORMATION

Your doctor has prescribed an “opioid” to help your pain. An opioid is a strong pain medicine that is one part of your pain management plan. You should use the opioid along with other methods to control your pain but you should not expect to be completely pain free. At home, keep the environment calm and quiet, and try ice or heat. Special breathing can also help.

Opioids are best to use for only a short time, to help the pain that comes right after an injury or surgery. Some common side effects are feeling sick to your stomach, throwing up, feeling sleepy or dizzy, and constipation. While taking an opioid you should not drive or operate machinery, because it is not safe. Opioids can also make it harder to bathe, get dressed, and prepare meals.

Opioids can make you groggy and slow your breathing. You can even die from an opioid overdose. With long-term opioid use, addiction is also a risk.

Other Considerations When Using an Opioid:

- Taking opioids with alcohol, medicines such as Xanax, Ativan, or Valium, muscle relaxers or any drug that makes you sleepy is very dangerous and **can cause death**
- If you are pregnant, taking opioids **can harm your baby**, and your baby may go through withdrawal after it is born
- You are more likely to become addicted to opioids if you have a mental illness and a substance abuse disorder

It is important to **safely** get rid of any unused opioids, since leftover medicines can be harmful or deadly to others. It is a felony to give or sell a controlled substance to anyone. This includes opioids. Dispose of any unused or expired opioids at a community take-back program, a local pharmacy, or local law enforcement agencies. Go to www.michigan.gov/DEQdrugdisposal to learn more about where to return prescription drugs. If you are unable to get to a disposal site, mix the controlled substance with coffee grounds, dirt or cat litter, seal in a plastic bag and dispose of it in regular garbage. Do not crush.

Here are some common examples of opioids:

- Hydrocodone (Vicodin, Norco, Hycet, Lorcet, Lortab Elixir)
- Oxycodone (OxyContin, RoxyBond, Oxaydo, Roxicodone)
- Morphine (Kadian, MS Contin, AstraMorph, DuraMorph, DepoDur)
- Hydromorphone (Dilaudid, Exalgo)
- Codeine (Tylenol #3)
- Fentanyl (a “pain patch”, Actiq, Duragesic, Sublimaze)
- Tramadol (Ultram, ConZip, Ultracet)
- Methadone (Dolophine, Methadose)
- Oxymorphone (Opana)