



What Are Opioids?

Opioids are drugs which affect brain and basic bodily functions, such as breathing and digestion. Opioids are found in some pain and other prescription medications and in some illegal substances of abuse (e.g., heroin).

Opioid medications are used for treating pain, cough, and addiction

Common Opioid Medications

This list is not all inclusive.

- Codeine (Tylenol with Codeine No. 3)
- Fentanyl (Duragesic)
- Hydrocodone (Vicodin, Norco, Lortab)
- Hydromorphone (Dilaudid)
- Methadone
- Morphine (MS Contin, Kadian)
- Oxycodone (OxyContin, Percocet, Roxicodone)
- Oxymorphone (Opana)

RESOURCES

Local Emergency Services: 911

National Poison Hotline: 1-800-222-1222

Military Addiction Treatment Services:
(301) 400-1298

Suicide Prevention/Veterans Crisis Line:
1-800-273-TALK (8255), or text – 838255
www.suicidepreventionlifeline.org (for live chat)

Opioid Safety Initiative Toolkit
https://www.va.gov/PAINMANAGEMENT/Opioid_Safety_Initiative_OSI.asp

SAMHSA Opioid Overdose Prevention Toolkit
Contains safety advice for patients and resources for family members
<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

How to Properly Dispose of Unused Medications
www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm

Overdose Recognition and Naloxone Administration
www.narcannasalspray.com
www.evzio.com



OPIOID SAFETY

A Quick Reference Guide

OPIOID DO'S and DON'TS



DO take opioid and non-opioid medications as prescribed

DO inform all providers that you are using opioids

- Tell your primary provider if another provider prescribes an opioid for you

DO be cautious about driving or operating machinery

- Never drive or operate machinery if you feel sleepy/confused

DO try to remain under the care of one primary provider

DO get help from family and friends

- Tell them that you use opioids
- Ask them to help you use opioids safely
- Tell them where you keep the naloxone kit and how to use it



DON'T take extra doses of opioids

- You could overdose and die

DON'T drink alcohol or take “street” drugs when using opioids; they can impair your ability to use opioids safely cause severe harm or death

DON'T share, give away, or sell your opioids

- This is dangerous and illegal

DON'T stop taking opioids on your own

- You may have flu-like withdrawal Symptoms
- Your provider can help you stop safely
- You may overdose if you start using opioids again after an opioid-free break

Opioid Harms

- Taking too much opioids can make a person pass out, stop breathing and die.
- Opioids can be habit-forming and abused.
- Tolerance to opioids can develop with daily use. This means that one will need larger doses to get the same effect.
- If a person stops taking opioids, he/she will lose tolerance. This means that a dose one takes when tolerant could cause overdose if it is taken again after being off of opioids.
- An opioid dose a person takes could cause overdose if shared with others. Others may not be tolerant.

