WHAT IS AN OPIOID?
An opioid is a strong prescription pain medication. Possible side effects include nausea, vomiting, sleepiness, dizziness and/or constipation.

Common opioids include:

<table>
<thead>
<tr>
<th>Generic Name</th>
<th>Brand Name</th>
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</thead>
<tbody>
<tr>
<td>Codeine</td>
<td>Tylenol® #3* or #4*</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Duragesic®</td>
</tr>
<tr>
<td>Hydrocodone</td>
<td>Vicodin®, Norco®*</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Dilaudid®</td>
</tr>
<tr>
<td>Methadone</td>
<td>Methadose®</td>
</tr>
<tr>
<td>Morphine</td>
<td>MS Contin®, Kadian</td>
</tr>
<tr>
<td>Oxycodeone</td>
<td>Percocet®, OxyContin®</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>Opana®</td>
</tr>
<tr>
<td>Tramadol</td>
<td>Ultram®, Ultracet®*</td>
</tr>
</tbody>
</table>

* Contains acetaminophen (Tylenol). Use caution if you’re also taking acetaminophen separately.

SAFE STORAGE AND DISPOSAL

Store opioids out of sight and reach of children, teens, and pets
- Store opioids in private areas and lock up your pills if possible.
- Do not store your opioids in common rooms in the house (like bathrooms, kitchens) or in purses.
- Keep a count of how many pills you have left.

Dispose of all unused opioids
- Use a permanent medication drop box. To find one near you, visit: https://apps.deadiversion.usdoj.gov/pubdispssearch/.
- Drop off at a community Medication Take Back event.
- Use your household trash as a last resort.
  ▶ Mix opioids (do not crush) with used coffee grounds or kitty litter in a plastic bag and throw away.
  ▶ Scratch out personal information on the prescription label and dispose of the original container.

Do NOT flush opioids down the toilet.

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**UNDERSTANDING PAIN AFTER SURGERY**

The **GOAL OF PAIN MANAGEMENT** is to manage your pain enough to allow you to do the things you need to do in order to heal: walk, eat, breathe deeply and sleep.

**Pain Expectations**
- Feeling pain after surgery is normal.
- Pain is usually worst for the first 2-3 days after surgery.
- Your pain may be well controlled with a schedule of over-the-counter medications.
- Pain medication is only one part of your pain management plan.
- Other things you can do to help manage pain:
  - mindful breathing
  - meditation
  - music
  - physical therapy
  - relaxation

**USING OPIOIDS SAFELY**

**BEFORE SURGERY:**
- Ask your surgeon if you can use over-the-counter acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) for your pain, before using an opioid.
- Tell your surgeon if you are currently taking any sedatives or benzodiazepines (like Valium or Xanax).

**AFTER SURGERY:**
- If you are still in a lot of pain after taking an over-the-counter pain medicine, use the opioid medicine your surgeon gave you.
- Do NOT mix opioids with alcohol, benzodiazepines (like Valium or Xanax), muscle relaxers, or other medications that can cause sleepiness.
- As your pain gets better, wait longer between taking opioids.
- Only use the opioids for your surgical pain. Do not use your opioids for other reasons.
- Talk to your surgeon if you are having trouble managing your pain.

**If your pain is manageable, do not use your opioids.**

**KNOW THE RISKS**

You are at higher risk of developing a **DEPENDENCE OR ADDICTION** to opioids if you:

**HAVE A HISTORY OF:**
- Abusing alcohol, prescription, or recreational drugs
- Using tobacco
- Depression, anxiety, or other mood disorders
- Long-term (chronic) pain

**TAKE OPIOIDS FOR LONGER THAN A FEW DAYS**
**TAKE OPIOIDS MORE OFTEN THAN YOUR SURGEON PRESCRIBED**

You are at risk of an **OVERDOSE** if you:

**HAVE A HISTORY OF:**
- Sleep apnea
- Other breathing problems

**MIX OPIOIDS WITH:**
- Alcohol
- Benzodiazepines (like Valium® or Xanax®)
- Muscle relaxers
- Any medications that can cause drowsiness
- Recreational drugs

**TAKE OPIOIDS MORE OFTEN THAN YOUR SURGEON PRESCRIBED**

**DO NOT SHARE YOUR OPIOIDS** with others. Diversion (sharing or selling) of opioids is a felony.

Tell your doctor if you are pregnant or planning to become pregnant. Using opioid medications can cause harm to a fetus, including neonatal abstinence syndrome.