

**YOU are the most important member of your healthcare team. Ask questions and get the FACTS before taking opioids to manage your pain.**

## 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:

Generic Name	Brand Name
Codeine	Tylenol® #3* or #4*
Fentanyl	Duragesic®
Hydrocodone	Vicodin®, Norco®*
Hydromorphone	Dilaudid®
Methadone	Methadose®
Morphine	MS Contin®, Kadian
Oxycodone	Percocet®, OxyContin®
Oxymorphone	Opana®
Tramadol	Ultram®, Ultracet®*

\* 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:  
**Michigan-OPEN.org/takebackmap**
- 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.**

## LEARN THE FACTS:

## opioids & pain management



**Michigan-OPEN.org**

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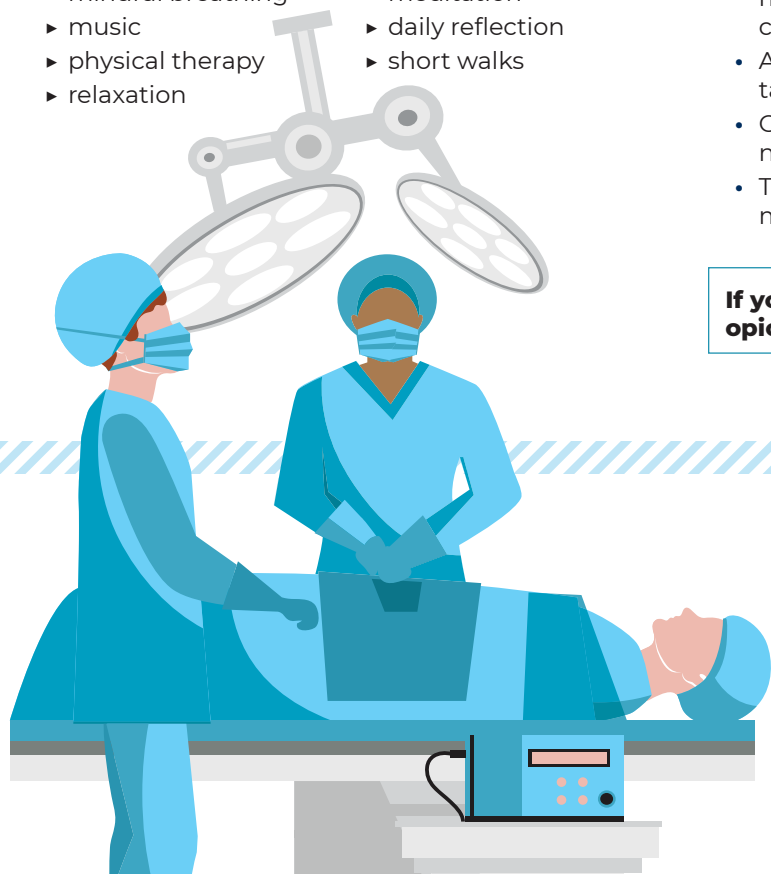
**OPEN**  
OPIOID PRESCRIBING ENGAGEMENT NETWORK

# 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
  - ▶ daily reflection
  - ▶ physical therapy
  - ▶ short walks
  - ▶ 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.**

*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.*

# 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.**