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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<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®<em>, Norco®</em></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>Oxycodone</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: 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.

Information in this brochure was developed by Michigan OPEN for the typical patient with your condition. It does not replace medical advice from your health care provider as your experience may differ from the typical patient. Questions about this document, your condition or your treatment should be discussed with your health care provider.

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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

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.

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

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.