What are Opioids?

Opioids, also known as opiates or narcotics, are medications that help relieve pain.

Examples: Painkillers such as hydrocodone (Vicodin, Norco) oxycodone (OxyContin, Percocet) hydromorphone (Dilaudid), morphine, codeine, fentanyl, methadone, and tramadol (Ultram). Heroin is also an opioid and is an illegal drug.

Opioids can help manage pain, but they come with many risks. It is very important to take right dose at the right time.

Opioids taken more than prescribed or with alcohol can stop your breathing and cause death.

Opioids taken with street drugs (cocaine, heroin, MDMA, MOLY, etc.) can kill you.

Opioids can make you feel drowsy or confused—causing danger to drive or use machinery.

Check with your doctor or pharmacist:

- Before you take any other medsincluding over-the-counter meds, supplements, or home remedies.
- If you have questions or concerns.

Health Risks

Constipation, nausea, vomiting Death

Decreased bone density Decreased sex drive Drowsiness **Heart changes** Sensitivity to pain

Sleep apnea

Ask Your Provider

- **1** Will the opioids stop my pain?
- **2** How often should I take the opioids?
- **3** Will my other meds interact with my pain meds?
- 4 What side effects might I expect?
- **5** What should I do if I have a side effect?
- **6** What should I do if I forget a dose?
- How long will I need to take opioids?
- **B** Why do I have to do urine screening?

Opioid Risks

Mental Risks

Confusion Depression Impaired judgment Mental decline **Relationship issues**

Functional Risks

Car accidents Disabilities Falls Unable to manage other health issues

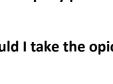
Non-Opioid Options

Acupuncture

ACCIDENT

- Chiropractor
- Cognitive Behavioral Therapy (CBT)
- **Cold packs** •
- Counseling •
- Exercise
- Heating pads •
- Massage •
- Meditation
- Physical therapy •
- Rehabilitation
- **Relaxation training**
- Stretching •
- Tylenol, Advil, Aleve





Overdose

Signs of overdose

- Slow breath or no breath
- Slow pulse
- Pale or clammy skin
- Vomiting
- Unconscious



Use the "SCARED" steps

- → Stimulate: Try wake the person.
- → Call 911: Say location. Is person unconscious? Not breathing?
- → Airway: Tilt head back and lift chin.
- → Rescue breathing: Give 1 big breath every 5 seconds.
- → Evaluate: Can you get the naloxone quickly?
- → Don't leave.



Find this document at http://www.acgov.org/health/indigent/coalition.htm Rev. 3/22/16

Store and Dispose of Opioids the Right Way



Opioids must be kept in a safe place—they are a risk to your family. Get a lock box to prevent children, teens, and others from taking them. *Spread the Word... One Pill can Kill.*



Opioids prescribed for you cannot be sold or given away—it is against the law. Find safe disposal sites at: www.acgov.org/medscoalition/

Addiction Resources

Alameda County ACCESS line 1-800-491-9099

BAART Programs 510-533-0800

Berkeley Addiction Treatment Services 510-644-0200

C.U.R.A. 510-713-3202

East Oakland Recovery Center 510-568-2432

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

National Treatment Referral Helpline 1-800-662-4357 (TDD: 1-800-487-4889)

Treatment facility locators on the Web www.samhsa.gov/treatment/index.aspx Taking Your Pain Medications Safely



A *Patient's* Guide to Using Opioids Safely to Manage Pain