

QUESTIONS TO ASK YOUR DOCTOR OR DENTIST BEFORE USING OPIOIDS

To avoid any issues with opioids, talk to your doctor or dentist first. If you're going to have surgery or treatment that may require your using opioids, ask these questions.

1. How long should I take this medication?
2. Do I need to take all the medication as prescribed?
3. Are there non-opioid alternatives that could help with pain relief while I recover?
4. Are there non-opioid alternatives that could help with pain relief, such as such as ibuprofen (Motrin®) and acetaminophen (Tylenol®)?
5. What if I have a history of addiction with tobacco, alcohol or drugs?
6. What if there is a history of addiction in my family?
7. Could this treatment interact with my other medicine for anxiety, sleeping problems, or seizures?
8. How should I store my opioid medication to prevent other people from taking it?
9. What should I do with unused opioid medicine?

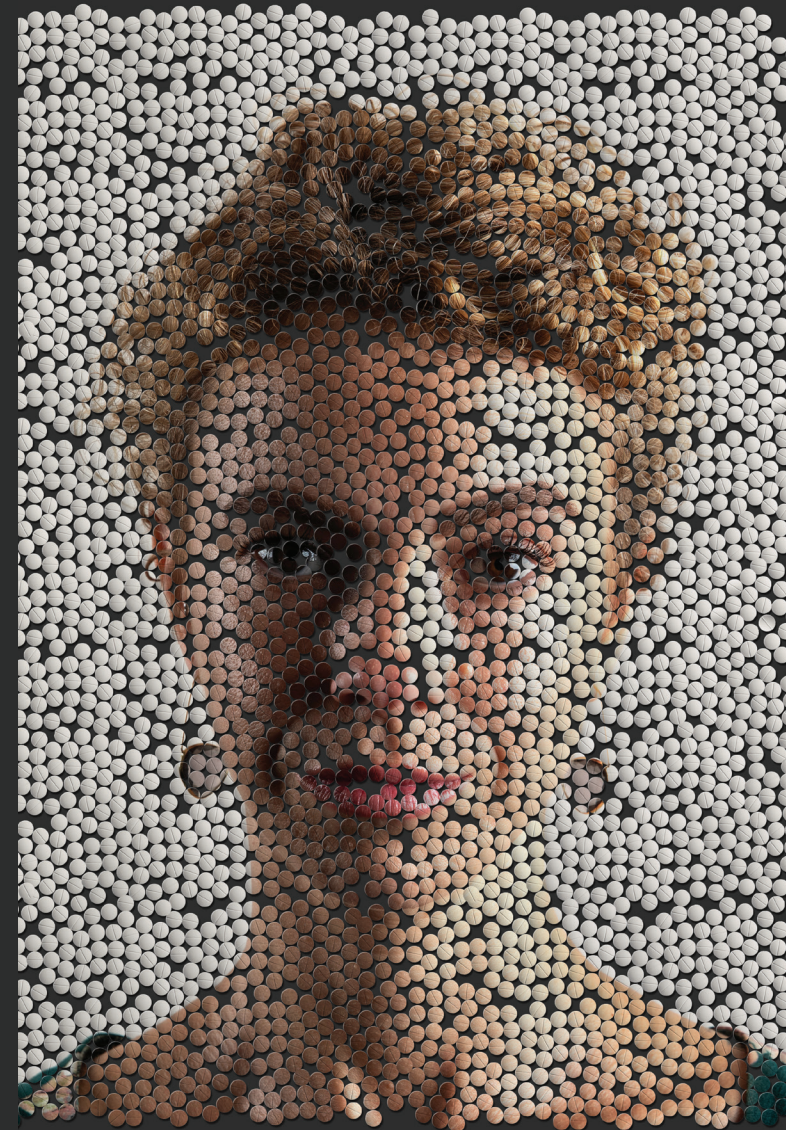
80% OF THOSE WHO USE HEROIN FIRST USED PRESCRIPTION OPIOIDS.



If you have unused opioids you can dispose of them at your local law enforcement or sheriff.

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TAKING PILLS ALMOST TOOK MY LIFE.



PRESCRIPTION OPIOIDS. GET THE FACTS. KNOW THE DANGERS.

It's a cruel irony. Prescription opioids, developed to manage pain, can actually cause more pain than you could imagine. Often prescribed following a surgery or injury, opioids carry serious risks of addiction and overdose. Even when taken as directed, prescription opioids can have strong side effects, including:

- Nausea, vomiting and dry mouth
- Physical Dependence – symptoms of withdrawal when the medication is stopped
- Tolerance – you may need to take more medication for the same amount of pain relief
- Sleepiness and dizziness
- Confusion
- Depression
- Itching and sweating
- Increased sensitivity to pain
- Constipation
- **Never take any medicine including opioids that isn't prescribed to you.**

YOUR RISKS INCREASE WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression, anxiety)
- Sleep apnea
- 65 years or older
- Pregnancy

If you suspect someone is using opioids and needs help, please refer them to 211 or call 211 for advice.

**FACT: DEPENDENCE TO
OPIOIDS CAN HAPPEN
IN JUST FIVE DAYS.**

OPIOIDS 101

Opioids are a class of drugs naturally found in the opium poppy plant. (Heroin is an opioid.) Some prescription opioids are made from the plant directly and others are made synthetically. In either case, prescription opioids are used to treat moderate to severe pain, often resulting from injuries or surgery.



Codeine

Brand Name: Tylenol® #3* or #4*



Oxycodone

Brand Name: Percocet®, Oxycontin®



Hydrocodone

Brand Name: Vicodin®, Norco®



Fentanyl

Brand Name: Duragesic®



Hydromorphone

Brand Name: Dilaudid®



Oxymorphone

Brand Name: Opana®



Tramadol

Brand Name: Ultram®, Ultracet®



Methadone

Brand Name: Methadose®

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