

What You Should Know About

Keeping you and your loved ones safe when using pain medication.

Your doctor may prescribe medications for pain. They are often given after surgery or for some health conditions.

Some medications called “opioids” can lead to addiction if not handled properly. Be prepared so you and your loved ones get the best care and stay safe.

1. Find the best treatment plan.

Opioids may not always be the best choice. Tell your doctor if you have concerns. Ask about other medications. Review all options together. Decide on the right approach for you or your loved one.

Tell your doctor about ALL medications you are taking. Even if prescribed by another doctor.



2. Learn about pain medication.

Ask questions about prescriptions. Talk to your doctor or pharmacist.

Know about possible side effects:

- Fatigue
- Dizziness
- Nausea and Vomiting
- Constipation
- Addiction
- Dependence
- Overdose
- Death

3. Take medication correctly.

Read the label on your prescription. Follow all directions. Avoid potentially dangerous behaviors:

- **DO NOT** take prescriptions prescribed to others.
- **DO NOT** share your prescriptions with anyone else.
- **DO NOT** mix with alcohol, sleep-aids, or anti-anxiety medication.
- **DO NOT** store medicine where children, pets and others have easy access.

4. Dispose of leftover medicine safely.

Get rid of unused medicine when finished with treatment. Do not let it become a danger to others.

- **National Prescription Drug Take Back Day** is in communities in April and October. It provides a safe and anonymous way to get rid of prescription drugs. Visit takebackday.dea.gov for details.
- **Safe disposal** is available at collection sites. Pharmacies, hospitals, or law enforcement may have on-site, drop box or mail-back programs. Call the Drug Enforcement Administration (DEA) at **1-800-882-9539** to learn more, or ask your pharmacist for suggestions.



5. Prepare for an emergency.

Naloxone is a nasal spray or injection. It helps restore normal breathing. You can use it for an opioid overdose, when breathing may slow or stop. Read all instructions before using it. Practice with a “trainer” device if provided. Talk to your doctor or pharmacist if you think naloxone can help you or someone you know.

Find out where you can get Naloxone to prevent opioid overdoses. Ask your doctor or pharmacist.

**Questions?
Call
1-877-647-4848**
*Member Services
can help*