



How to Keep You and Your Loved Ones Safe when Using Pain Medication

Find the best plan for you

There are different types of medicine and treatments that can help control pain, Ice, heat, and exercise can be helpful. Medicines that you can find at a drugstore, such as ibuprofen and acetaminophen, can also help with pain. Make sure to talk with your doctor about the best treatment for you. Opioids may not always be the best choice.

Learn about opioid medications

Talk to your doctor and know about possible side effects, including:

- Feeling tired
- Feeling dizzy
- Upset stomach and vomiting
- Constipation
- Risk of addiction
- Risk of cravings
- Risk of overdose

Take all medications correctly

Read the label on your medicine bottle and follow the instructions carefully.

- Do not take prescriptions meant for 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, or others can get it.

Get rid of old medicine safely

Throw away unused medicine when your treatment is done.

- National Prescription Drug Take Back Day happens in April and October. It provides a safe way to get rid of prescription drugs. Visit takebackday.dea.gov for details.
- You can safely leave unused medication at collection sites. Pharmacies, hospitals, or police stations may have drop boxes or mail-back programs. Call the Drug Enforcement Administration (DEA) at **1-800-882-9539** to find a location.

Prepare for an emergency

Naloxone is a nasal spray or shot that is used for an opioid overdose. It helps get your breathing back to normal. Read all instructions before using it. Talk to your doctor about this life-saving medication for yourself or a loved one who is at risk of an opioid overdose.

Additional support

We're here to help with additional tools and local resources. Please contact us by calling **1-866-282-6280 (TTY: 711)**.

- **CDC Prescription Opioids: What you need to know**
www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf

