



THE OPIOIDS

FROM MEDICINES TO ADDICTION

Prescription opioids can be used to help relieve moderate to severe pain. They are often prescribed after surgery, injury, or for certain health conditions. These medicines can be an important part of treatment, but they also carry serious risks. It is important to talk with your doctor to make sure you are receiving the safest and most effective care.

These medicines are made from the opium plant and other man-made materials. The illegal drug heroin is also an opioid.

WHAT ARE THE MOST COMMON OPIOIDS?

- **Codeine**
- **Tramadol**
- **Methadone**
- **Morphine and its derivatives**
- **Oxycodone** - is added to aspirin.
Example: Percocet
- **Hydrocodone** - Added to ibuprofen or acetaminophen.
Example: Vicodin
- **Fentanyl** - pain reliever that is 50 to 100 times stronger than morphine.

WHAT SHOULD YOU DO IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN?

- Never take opioids in larger amounts or more often than prescribed.
- Go to your follow-up appointments with your doctor and ask about other ways to help manage your pain that do not require prescription opioids.
- Never sell or share prescription opioids.
- Never use someone else's prescription opioids.
- Store prescription opioids in a safe place out of the reach of others.
- Safely dispose of unused prescription opioids.

SHOULD I SEEK HELP?

Uncontrolled use of these medicines can lead you to become dependent and addicted to them, even though the pain or main reason is no longer present. Addiction is a disease that can affect your daily activities, behavior, family, finances, physical and mental health.

RECOMMENDATIONS IF YOU HAVE OPIOID DEPENDENCE:

- ✓ Recognize that you have a dependency and accept help to get out of addiction to medicine.
- ✓ Talk to your doctor about your addiction problem and ask how he or she can help you stop using the medicine.
- ✓ Individual, group, or family therapy can be of great help.
- ✓ Get integrated treatment from various specialists; your doctor, psychologist, psychiatrist, clinical social worker, addiction counselor, and any other specialists you visit.



For guidance and assistance, call the
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Reference:
<https://www.cdc.gov/drugoverdose/prescribing/guideline.html>