

HOW TO SAFELY TAKE OPIOID PAIN MEDICINE

Opioid pain medicines are sometimes prescribed to keep you comfortable after surgery or an injury. Here are some tips if you are prescribed these medicines.



TAKE ONLY AS PRESCRIBED

Opioids can be dangerous if not taken as prescribed. Check your instructions carefully—opioids are often prescribed AS NEEDED, not around the clock.

Common side effects include feeling:
Sleepy, Dizzy, Itchy, Constipated, Sick to your stomach, Foggy



NEVER MIX

Never mix opioids with alcohol, sleeping pills, muscle relaxers, and certain anti-anxiety medicines.

Mixing these can cause serious side effects, including overdose and death.

Tell your doctor about ALL other medicines you're taking.



DISPOSE SAFELY

Dispose of your leftover opioid pills safely.

Never throw them in the garbage or flush them.

Drop them at a permanent drug disposal site.
Call 2-1-1 to find one in Vermont.



LEARN MORE

Get additional tips on taking pain medicine safely after surgery. Watch our video at www.vtad.org

