

# Making Health Care Better Together

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## Do's and Don'ts of Pain Medicines

*These tips can help you or anyone you know to safely use opioid pain medicines*

DO	<b>Know your medicines:</b> Talk to your doctor or pharmacist about HOW and WHY you take each medicine.
DO	<b>Know the signs of overdose:</b> Ask others in your home to help you watch out for: <ul style="list-style-type: none"><li>• slurred speech</li><li>• confusion</li><li>• difficulty staying awake</li><li>• dizziness</li><li>• vomiting</li><li>• trouble breathing</li><li>• pale or clammy skin</li></ul> <b>Talk to your doctor or pharmacist about naloxone, a medicine to treat opioid overdose.</b>
DO	<b>Store your medicines safely:</b> Keep them in the original, labeled packaging where others can't access them. Dispose of old or unused medicines.
DO	<b>Tell every member of your health care team:</b> Bring all of your medicines to every doctor or hospital visit so they can be reviewed.
DON'T	<b>Don't take any medicine that was not prescribed to you, and don't share your medicine with others.</b>
DON'T	<b>Don't take any medicine left over from an earlier treatment</b>
DON'T	<b>Don't change the dose or how often you take your medicines without talking to your doctor.</b>
DON'T	<b>Don't take pain medicines with alcohol or other drugs, and don't take them with other medicines without checking with your doctor.</b>

### Glossary:

**Opioid** – A narcotic pain medicine that reduces the feeling of pain

**Overdose** – Your body's response to too much medicine; can be deadly

**Medicine disposal** – Throw away medicines in the trash or talk to your pharmacist about other disposal options