

COLLABORATORS:

Alabama Hospital Association
Alliant Health Solutions
Comagine Health
Georgia Hospital Association
KFMC Health Improvement Partners
Konza

DO'S AND DON'TS OF PAIN MEDICINES

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



- **Know your medicines:** Talk to your doctor or pharmacist about HOW and WHY you take each medicine.
- **Know the signs of overdose**: Ask others in your home to help you watch out for:
- slurred speech confusion difficulty staying awake dizziness vomiting trouble breathing
 pale or clammy skin

Talk to your doctor or pharmacist about naloxone, a medicine to treat opioid overdose.

- Store your medicines safely: Keep them in the original, labeled packaging where others can't access them. Dispose of old or unused medicines.
- Tell every member of your health care team: Bring all of your medicines to every doctor or hospital visit so they can be reviewed.



- Don't take any medicine that was not prescribed to you, and don't share your medicine with others.
- Don't take any medicine left over from an earlier treatment
- Don't change the dose or how often you take your medicines without talking to your doctor.
- Don't take pain medicines with alcohol or other drugs, and don't take them with other medicines without checking with your doctor.

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



Hospital Quality Improvement Contractors
CENTER'S FOR MEDICARE & MEDICAL D SERVICES
IOUALTY IMPROVEMENT & INMOVATION GROU

This material was prepared by Alliant Health Solutions, a Hospital Quality Improvement Contractor (HQIC) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. AHSHQIC-TO3H-21-671