

Safe Storage of Prescription Opioids

Store opioids out of the reach of children, family, friends, and visitors. Do not keep medications in places that are easy to get to, such as bathrooms and kitchens. If possible, lock your medications and try to keep count of how many pills you have.

Safe Disposal of Prescription Opioids

- Dispose of any unused opioids through local drop boxes at your police department or sheriff's office or at some pharmacies.
- Find a location to take back your unused prescription opioids at: odp.idaho.gov.
- A National Prescription Drug Take Back Day is also held each fall and spring at locations around Idaho.

Opioid Use Disorder Treatment

Talk with your health care provider if you think you are dependent on or addicted to opioids. They may help lower your dose or evaluate you for possible Opioid Use Disorder (OUD) – a problematic pattern of opioid use that makes daily living without opioids difficult or impossible. Treatment for OUD is effective and may be available from your health care provider or at another health clinic in your community.

For more information or to find treatment and recovery services call the Idaho Care Line at: 2-1-1.



For more information
about opioid prevention
and resources visit
StopOverdoseIdaho.org

Reference

1. Centers for Disease Control and Prevention, Opioid Overdose. <https://www.cdc.gov/drugoverdose>



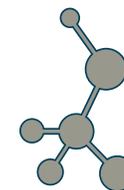
IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

November 2018

This publication was supported by the Grant or Cooperative Agreement Number, NU17CE924873-03, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Prescription Opioids

What you
need to
know.



DOPP

DRUG OVERDOSE
PREVENTION PROGRAM

Prescription Opioids

Prescription opioids are strong medications that are used to treat moderate to severe short-term or chronic pain.

Risks of Taking Prescription Opioids

Anyone who takes opioids can be at risk for addiction, accidental overdose, or death.

Chances of an opioid overdose increase when:

- Opioids are taken with alcohol, other opioids, or sedatives (like Valium or Xanax).
- Opioids are taken in larger amounts or more often than prescribed.
- Opioids are restarted at the same dose after taking a break from using opioids.

Common Prescription Opioids

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

Ask Your Health Care Provider about Prescribed Pain Medication

- About how long will I have pain?
- What are the side effects of these medications?
- Can you prescribe the smallest number of pills that will control my pain?
- Can I take over-the-counter or non-opioid medications such as acetaminophen (Tylenol) or ibuprofen (Motrin, Aleve)?
- What can I do to lessen the pain?

Managing Pain Without Prescription Opioids

- Talk to your health care provider about other ways to manage your pain that may have fewer side effects and risks.
- Tell your health care provider about your medical history, for example, if you have lung disease or sleep apnea, and if you or anyone in your family has a history of substance misuse or addiction to drugs or alcohol.

Signs of an Opioid Overdose

Common signs of an opioid overdose include:

- Small "pinpoint" pupils
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking sounds or snore-like gurgling sounds
- Limp body
- Pale, blue, or cold skin

Call 911 right away if you suspect an overdose.

How to Respond to an Overdose

It may be hard to tell if someone is overdosing. If you aren't sure, it's best to treat it like an overdose – you could save a life.

1. Call 911 immediately
2. Give naloxone*, if available
3. Try to keep the person awake and breathing
4. Lay the person on their side to prevent choking
5. Stay with them until help arrives

**Naloxone (brand name Narcan®) is a medicine that can reverse an opioid overdose.*

Idaho's Good Samaritan Law protects someone who gives naloxone to a person who appears to be experiencing an opioid overdose. Ask your health care provider or pharmacist how to get naloxone if you or someone you know is using opioids.