



# Do's and Don'ts of Pain Medicines



*These tips can help you or anyone 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	<p><b>Know the signs of overdose:</b> Ask others in your home to help you watch out for:</p> <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> <p><i>Talk to your doctor or pharmacist about naloxone, a medicine to treat opioid overdose.</i></p>
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