

# Do's and Don'ts of Pain Medicines

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

<b>DO</b>	<b>Know your medicines:</b> Talk to your doctor or pharmacist about HOW and WHY you take each medicine
<b>DO</b>	<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>▪ dizziness</li> <li>▪ pale or clammy skin</li> <li>▪ confusion</li> <li>▪ vomiting</li> <li>▪ difficulty staying awake</li> <li>▪ trouble breathing</li> </ul> <p><b>Talk to your doctor or pharmacist about naloxone, a medicine to treat opioid overdose</b></p>
<b>DO</b>	<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
<b>DO</b>	<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
<b>DON'T</b>	<b>Don't take any medicine that was not prescribed to you, and don't share your medicine with others</b>
<b>DON'T</b>	<b>Don't take any medicine left over from an earlier treatment</b>
<b>DON'T</b>	<b>Don't change the dose or how often you take your medicines without talking to your doctor</b>
<b>DON'T</b>	<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