

UNDERSTANDING THE RISKS

Opioids are one of the many methods that may be used to help treat your pain, but will not make your pain completely go away,

Your healthcare team will work with you to find the best way to manage your pain.

There are many side effects associated with taking opioids even when taken as prescribed by your doctor:

- Sleepiness/confusion
- Bad dreams/hallucinations
- Constipation
- Sweating
- Nausea/vomiting
- Itching
- Dry mouth
- Increased risk of falls
- Opioid dependence/addiction
- Respiratory depression
- Overdose leading to death

Contact your doctor immediately if you experience one or more of these side effects while taking opioids

Common Opioids Include:
buprenorphine
codeine, fentanyl, hydrocodone,
hydromorphone, methadone,
morphine, oxycodone, tapentadol,
tramadol



Contact us

For more information on PAMI visit:
<http://pami.emergency.med.jax.ufl.edu/>

Email: emresearch@jax.ufl.edu
or scan the QR Code



Information adapted from:
The U.S. Department of Veterans Affairs Safe and Responsible
Use of Opioids for Chronic Pain
https://www.va.gov/PAINMANAGEMENT/Opioid_Safety/OSI_docs/10-791-Safe_and_Responsible_Use_508.pdf#

American Gastroenterological Association Institute Guideline on
the Medical Management of Opioid-Induced Constipation
[https://www.gastrojournal.org/article/S0016-5085\(18\)34782-6/fulltext](https://www.gastrojournal.org/article/S0016-5085(18)34782-6/fulltext)

TIPS ON OPIOID SAFETY



AVOID MEDICATION INTERACTIONS

Never take medications that are not prescribed to you.

Never change the medication doses on your own.

Always tell your healthcare provider about all of the medications you are taking.

Never mix alcohol or street drugs with pain medications.

It is dangerous to take medications that help with sleep or anxiety while taking pain medications

PROPER TRACKING STORAGE AND DISPOSAL

Write down what time you take all of your medications.

Keep your medications locked in a safe place and dispose of any unused medications.

OPIOID INDUCED CONSTIPATION

Signs

Opioids can cause constipation resulting in stomach pain.

You may be constipated if you experience:

- Bowel movements less than three times per week
- Hard stool that is difficult to pass
- Incomplete relief following a bowel movement

Prevention

Drink at least eight glasses of water daily.

- If you have kidney disease, heart failure, or other conditions that cause you to restrict your fluid intake, ask your doctor how much water is safe for you to drink.

Participate in regular exercise as tolerated.

Use the restroom as soon as possible when you feel the urge to use the bathroom.

USE CAUTION

Do not drive or use heavy machinery or perform activities that require your full attention while taking opioid medications.

Taking opioid medications can increase your risk of falls and accidents.

Talk to your provider about decreasing your opioid medication.

Learn how to prevent an overdose with naloxone and your doctor if you should have naloxone.



ALWAYS CALL YOUR DOCTOR IF YOU HAVE ANY CONCERNS