

NON-OPIOID PAIN RELIEVERS



OVER-THE-COUNTER (OTC) MEDICATIONS

Acetaminophen, NSAIDs (non-steroidal anti-inflammatory drugs), and topical agents may be helpful in reducing your pain and the need for prescription medications like opioids.

Common OTC medications to relieve pain include medications taken by mouth, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin) and naproxen (Aleve).

Topical products like diclofenac gel (Voltaren), lidocaine patches, and menthol products (gels or creams) are also available OTC for pain.

OTC SAFETY CONSIDERATIONS

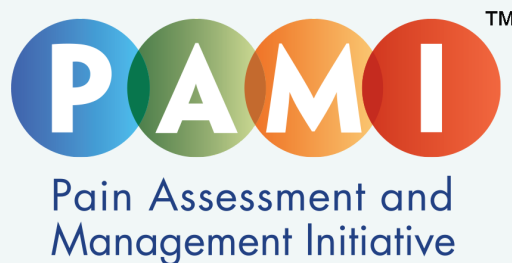
It is important to always read the **Drug Facts Label** of OTC products and follow the dosing directions for effective pain relief.

Taking more than directed does NOT equal faster relief. Excess acetaminophen can be harmful to your liver and too much ibuprofen or naproxen can lead to stomach, kidney, or heart damage.

To avoid harmful medication effects:

- Do not take more than the maximum dosage.
- Take only one medication with the same active ingredient at a time.

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CONTACT US

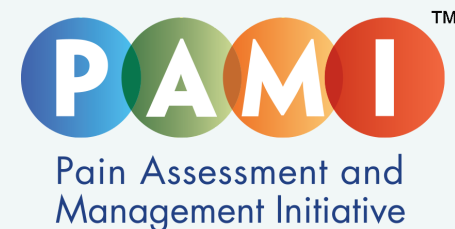
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SAFE USE OF PAIN MEDICATION

UNDERSTANDING THE RISKS

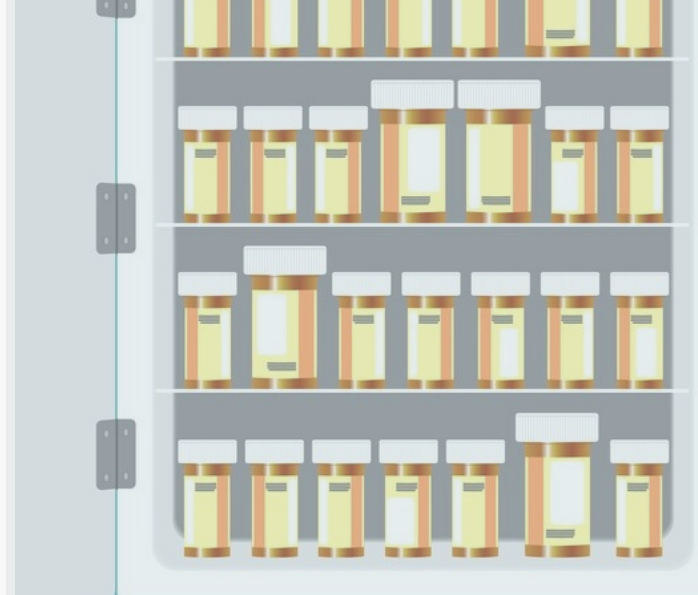
Opioids are one of the many methods that may be used to help treat your pain, but will not make your pain go away completely.

Your health care team will work with you to find the best way to manage your pain using either prescription or over-the-counter options, or both in some cases.

SIDE EFFECTS COMMONLY RELATED TO OPIOID USE MAY INCLUDE:

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

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



USE CAUTION

KEEP A LIST OF YOUR MEDICATIONS

Keep an updated list of your medications including the name, dose, and how often you take them. If possible, keep this list with you and show your health care providers at medical appointments.

REDUCE YOUR RISK

- Do not drive or perform activities that require your full attention while taking opioid medications.
- Avoid alcohol when taking medications for pain.
- Be aware that opioid medications can increase your risk of falls and accidents.

IF YOU TAKE AN OPIOID, HAVE NALOXONE ON HAND:

If you are prescribed an opioid, ask your doctor to also prescribe you Naloxone too. Naloxone is a drug that can help reverse an opioid overdose should one occur.

TIPS FOR SAFE OPIOID USE



Opioids are prescription medications, such as oxycodone and hydrocodone that may be used to treat moderate-to-severe pain. These medications can be helpful, but also have risks.

KEEP YOUR DOCTOR INFORMED

Speak with your health care provider about ways to manage your pain using non-opioid medications to reduce the amount or length of time you need to take opioid medications. Always report any concerns or side effects.

AVOID MIXING MEDICATIONS

Unless otherwise discussed with your health care provider, benzodiazepines, muscle relaxers and sleep aids should be avoided. Taking these medications with opioids may increase your risk for harm.

PROPER STORAGE AND DISPOSAL

Store your prescription opioids in a secure location. It is important that these medications are kept out of reach of others.

Dispose of unused opioids immediately at your community drug-take-back program, a pharmacy mail back program or ask your doctor about other disposal options.