

**You are
the most
important
part of
your
healthcare
team –**

ask questions
and know
the facts
before using
opioids for
your pain.

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Notes

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Talking to your
doctor about

**pain
control**



OPEN

OPIOID PRESCRIBING ENGAGEMENT NETWORK



What is an opioid?

An opioid is a strong prescription pain medication. Some possible side effects include nausea/vomiting, sleepiness/dizziness &/or constipation.

Common names of opioids:

- Hydrocodone (Vicodin, Norco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Tramadol (Ultram)
- Methadone
- Hydromorphone (Dilaudid)
- Oxymorphone (Opana)

Most people do not realize that over-the-counter medications may be all they need for pain control.

- Diversion (sharing or selling) of opioids is considered a felony.
- Please discuss with your doctor if you are pregnant and considering opioid use.

Tell your health care provider about:

Any medications that you are taking:

- Over-the-counter medications, vitamins or herbals.
- Antidepressants (Prozac, Celexa)
- Sedatives (Ambien, Seroquel)
- Benzodiazepines (Valium, Xanax, Klonopin)
- Other prescription pain medications
- Street drugs

Any past or present history of:

- Depression
- Anxiety
- Other mood disorders
- Long term (chronic) pain
- Sleep apnea
- Breathing problems
- Tobacco or alcohol use
- Prescription or street drug use or abuse.



Questions to ask your health care provider:

- How long should I expect to have pain?
- Can I use over-the-counter medications, such as acetaminophen (Tylenol) or ibuprofen (Motrin, Aleve)?
- What other things can I do to help control my pain? (Ice, rest, elevate, exercise, lifting or activity restrictions)
- Could I be a candidate for a nerve block, local anesthetic catheter or an epidural as an opioid sparing option?
- Who do I call if my pain is not controlled, getting worse or I am having side effects to my opioids?
- Can I have fewer opioid pills because I have small children or teenagers in the house?

Things to remember after your surgery

Ask your surgeon to provide information on your surgery, medications and any expected pain, so that you may inform your family doctor.

Only use the opioid pain medicine for severe pain. If pain is tolerable, you may skip a dose.

Safely store opioids out of reach of small children, teens & pets.

- Lock your pills if possible.
- Try to keep a count of how many pills you have left.
- Do not store your opioids in places that allow easy access to your pills. (Example: bathrooms, kitchens)



Find a local place to SAFELY dispose of unused opioids at:
<https://www.baptisthealth.com/medication-disposal>