

PRESCRIPTION OPIOIDS

IT'S NO SECRET

Addiction to prescription pain medications, also known as opioids, is an epidemic in Utah and across the nation. For many, addiction began with a legal prescription.



SPEAK
OUT

OPT
OUT

THROW
OUT



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2 OPT OUT

Most Utahns struggling with opioid addiction received their first opioid prescription to treat a short-term injury or after surgery.

To manage pain, opt out of opioids. The treatments below may actually work better and have fewer risks and side effects:

- A combination of acetaminophen (Tylenol®) and ibuprofen (Advil®)
- Naproxen (Aleve®)
- Physical therapy
- Exercise
- Certain medications that are also used for depression or seizures
- Interventional therapies (injections)
- Cognitive behavioral therapy

1 SPEAK OUT

A THREE-PART SOLUTION

You can take a more active role in your health care.

Start by asking more questions when your doctor or dentist prescribes opioids.

Forty-eight percent of Utahns talk to their doctors about the risks associated with opioids.

Don't just listen—have a conversation. Before you take an opioid, take a moment to ask your doctor or dentist these five questions:

- 1 Am I at risk for addiction?
- 2 Will something else work?
- 3 How long will I be taking them?
- 4 Are you prescribing the lowest possible dose?
- 5 What's the plan to taper me off?

3 THROW OUT

Clean out your medicine cabinet and take unused medications to collection bins located across the state for safe and convenient disposal.

THERE'S NO SUCH THING AS SAFE LEFTOVERS

- Seventy-four percent of Utahns currently addicted to opioids get them from a friend or family member.
- Proper disposal of opioids prevents them from getting into the wrong hands, especially children's. It also lessens the chance someone will become addicted to them and reduces the impact on the environment.

TO FIND DISPOSAL SITES, VISIT
USEONLYASDIRECTED.ORG.



OPIOID SAFETY

SAFE USE

Prescription opioids have benefits and risks. Understanding how to safely use them is key to avoiding serious side effects.

- Only take opioids prescribed to you and never share your prescription opioids.
- Know the common risks and side effects associated with opioids. Call your doctor or dentist if a side effect is unexpected.
- Taking prescription or over-the-counter medications with depressants such as sleep aids, anti-anxiety medications, or cold medicine can be dangerous.
- If you're taking opioids and feel like you need to change your dosage, immediately contact your doctor or pharmacist.

SAFE STORAGE

- Store opioids out of reach of kids, family, pets and guests, preferably in a locked place, like a med safe.
- Know where your opioids are at all times to prevent them from getting into the wrong hands, especially children's.
- Keep track of the number of pills that are in your prescription so you are immediately aware if any are missing.
- Keep opioids in the original container with the child-resistant cap secured.
- Call Utah Poison Control Center if you suspect a poisoning, 1-800-222-1222.



PHYSICAL DEPENDENCE TO OPIOIDS CAN HAPPEN IN JUST SEVEN DAYS.

WHAT IS AN OPIOID?

An opioid is a drug commonly used to treat moderate to severe pain. Opioids are used in hospitals and are sometimes prescribed by doctors to help treat more severe pain and discomfort. However, research suggests over-the-counter pain medications may actually work better for treating acute pain. For more information about legal and illegal opioids, visit opidemic.org.

Some common opioids include:

- **HYDROCODONE**
Norco, Lortab, Vicodin, Zohydro
- **OXYCODONE**
OxyContin, Percocet, Percodan, Roxicodone
- **MORPHINE**
MSIR, MS Contin
- **CODEINE**
Tylenol #3, Phenergan with codeine
- **FENTANYL**
Duragesic, Actiq
- **HYDROMORPHONE**
Dilaudid
- **OXYMORPHONE**
Opana
- **MEPERIDINE**
Demerol
- **TRAMADOL**
Ultram, ConZip
- **BUPRENORPHINE**
Subutex, Suboxone, Butrans, Zubsolv
- **METHADONE**
Dolophine, Methadone



WHAT OPIOID ADDICTION LOOKS LIKE

- Taking higher doses or taking more frequently than prescribed
- Compulsively seeking and using opioids despite harmful consequences
- Taking the opioid for reasons other than why it was prescribed, such as for its psychological effects or to feel high
- Running out of prescriptions too soon
- "Craving" just one more pill or refill
- Seeking prescriptions for more than one injury or with multiple doctors or pharmacies
- Exhibiting abnormal behaviors, hostility, excessive mood swings or personality changes
- Withdrawing from friends/family/social activities
- Losing appetite/extreme changes in weight and changes in sleep patterns
- Neglecting responsibilities; distracted, unable to focus, confused
- Mixing pills and alcohol

GET HELP NOW

Utah has many treatment resources available for overcoming dependence and addiction to opioids. To be directed to local services or treatment centers, call 2-1-1. Or, for a map of statewide public resources, visit DSAMH.UTAH.GOV.