

Your provider is prescribing an opioid drug to treat pain.

Anyone can get addicted to these powerful drugs.

Ask your provider: Do I really need this?

Talk with your provider about risks, side effects and other ways to treat your pain.

If you decide to take this drug, here's what you need to know:

Using this drug may cause addiction.

- Opioid addiction is a lifelong problem. It can start with just one prescription.
- Children and youth have a higher risk of future addiction if they take opioids when they are young.

Take only what you need.

- You do not have to use it all.

An overdose can happen to anyone.

- Don't take more medication than your provider prescribed.
- Taking too much or taking it with alcohol or other drugs can cause an overdose. You might stop breathing, go into a coma, have brain damage, or die.
- Tell your provider if you use alcohol or other medications or drugs. Tell your provider if you have used alcohol or drugs in the past.
- If you think you are at high risk of an overdose, talk to your provider about your options.

Do not drive or use heavy machinery.

- Opioids can slow your reaction time. They can also cause drowsiness and confuse your judgment.

Store prescriptions properly.

- Keep prescription drugs locked up. Make sure kids, family, and guests can't get to them. Know where your medication is at all times. Keep it in the original bottle. Make sure the label is clear. Never share or give away your prescription drug, even to family or friends.

Dispose of leftover medicine safely.

- Don't flush prescription drugs down the toilet or wash them down the sink. Flushing drugs or throwing them away can harm drinking water, wildlife, pets and people. In Vermont, you can drop off your unused medications at a permanent drug disposal site.

Go to this website for more information:

healthvermont.gov/adap/RxOTC Abuse.aspx

