

Opioid Medication Use

Relieving your child's pain is important.

- Treatment of pain is necessary but does not always require opioid medications.
- Improper use of opioid-based pain medications can be dangerous, addicting or even deadly.

To relieve pain safely:

- Only use pain medications as directed by your provider. Never give a higher dose or more often than prescribed.
- Use Tylenol and/or ibuprofen around the clock for pain control and opioids as needed for breakthrough pain. The majority of patients will not require opioids beyond three days. Decrease and discontinue opioid medication as soon as possible.
- Check the label of your prescription pain medication, (common opioids are oxycodone and hydrocodone). If your prescription includes Tylenol (acetaminophen) plus opioid wait 4 hours before administering any additional doses of plain Tylenol.
- Only use opioid pain medications for as long as needed to relieve moderate pain.
- Sleepiness may be a side effect of prescription pain medicines.
If your child is very difficult to wake after a dose of medicine, call 911.
- Opioids cause constipation. Stool softeners and/or laxatives are recommended while using these medications. The pharmacist can assist with choice if not already prescribed by your doctor.

SAFETY ALERT

Too much opioid may cause someone to **stop breathing**
Call 911 immediately and administer mouth-to-mouth breathing.

If your doctor has prescribed **Narcan or naloxone, give the medication as directed.**

Keep your medicine cabinet safe!

Store these medications in a **LOCKED** location.



Dispose of unused medications

Throw away medications at your pharmacy dropbox
(Look up CVS Safer Communities for locations).

To dispose of medicines in the household trash:

1. MIX medicines with substances such as dirt, kitty litter, or used coffee grounds.
2. PLACE the mixture in a sealed plastic bag or container.
3. THROW the bag or container in your household trash.
4. Scratch out all personal information from prescription container before disposing in trash.