

How to safely use opioids

- **Start low and go slow.** Take the lowest dose and amount needed to manage your pain. Unlike antibiotics, you don't need to finish the entire prescription.
- Your risk of becoming dependent on or addicted to opioids increases as you take more (higher doses) or take for a longer period of time.
- Always store your medication in a safe place, out of reach of others (including visitors, children, friends and family).
- Never share or sell your prescription opioids.

Your provider can give you options

The CDC recommends using **the smallest amount for the shortest time.**

You always have the option of asking your pharmacist to **fill a smaller amount** than was prescribed.

It's important to have realistic expectations for the treatment of your pain. Always reach out to your doctor or pharmacist if you have any questions about your pain therapy options.

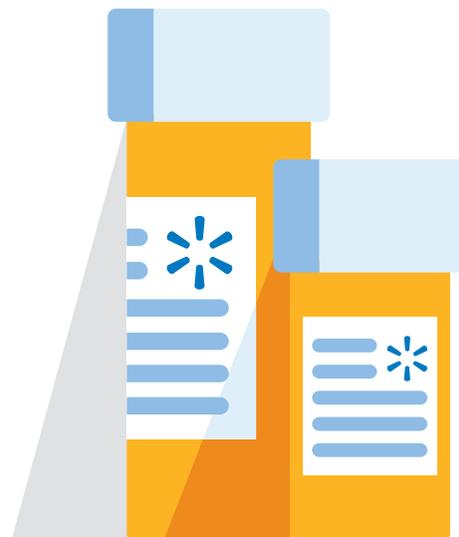
Safe disposal options

It's important to safely dispose of opioids and other medications you no longer use. Your Walmart pharmacist can offer a solution or help you determine the best disposal method for you and your family. Additional disposal resources that you may find helpful:

[deaddiversion.usdoj.gov/
drug_disposal/takeback](http://deaddiversion.usdoj.gov/drug_disposal/takeback)

You can also find help for addiction and pain management at:

samhsa.gov
or
The National Helpline at
1-800-662-HELP
or
cdc.gov/drugoverdose/patients



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Let's talk about prescription opioids



When prescribed and taken properly, prescription opioids can be used to relieve moderate to severe pain following surgery, injury, or for certain chronic health conditions.

But there's more you need to know about opioids.

- Don't take more than you need or for longer than needed for your pain.
- Your risk of becoming addicted to opioids increases as you take more (higher doses) or take for a longer period of time.
- Safely dispose of any unused medication immediately after treatment has ended. **Talk to your Walmart pharmacist about safe options available to you.**

CDC reports that more than 40 people die every day from overdoses involving prescription opioids.

Prescription opioids come with some serious risks, including but not limited to:*

- Overdose that could lead to sudden death
- Physical dependence—you may have symptoms of withdrawal after the medication is stopped
- Depression

Overdose risk increases when you combine your opioids with the following drugs:

- Alcohol
- Benzodiazepines (such as alprazolam and diazepam)
- Other sedatives
- Other opioids, including prescription and illicit forms, such as heroin

Talk to your doctor or pharmacist about any other medications that you are taking with your opioids.

*This is not a comprehensive list of all risks or side effects. Please review the information provided with your prescription and consult with your primary care provider or pharmacist for additional information.

The following conditions may increase your risks associated with opioids:

- History of drug misuse, or overdose
- Certain mental health conditions (such as depression or anxiety)
- Older patients (over 65 years old)
- Pregnancy

Each day, more than 1,000 people are treated in emergency departments as a result of not using their opioid medication correctly.



Opioids by the numbers

- 1 in 4 people who receive prescription opioids long-term for non-cancer pain struggles with addiction.
- Today, nearly half of all U.S. opioid overdose deaths involve a prescription opioid.

Pamphlet information adapted from: cdc.gov

DO

- Talk to your provider about other treatment options, such as:
 - Over-the-counter pain relievers like acetaminophen, ibuprofen, or naproxen
 - Physical therapy, exercise, or weight loss
 - Learn how to modify physical, behavioral and emotional triggers of physical pain
- Dispose of any unused medications after your treatment has ended
- Call 911 immediately if you take too much of your medication, experience shortness of breath, or a child takes your medication
- Talk to your pharmacist if you are concerned about the risk of overdose

DON'T

- Give your medication to others or leave your medication in an unsecure place where others might have access
- Take more than the prescribed amount of your medication
- Take it for longer than needed or to treat another injury or condition later
- Drink alcohol while taking opioids
- Take with other medications, especially those that cause drowsiness, without talking to your doctor or pharmacist