



5 Opioid Prescription Tips

Sadly, no one is immune from the destructive forces of misused opioids. When prescribed a pain-management drug, such as hydrocodone or morphine, here are five strategies to prevent harm and dependency:

- 1. Have an open dialogue with your doctor—**Share your concerns about potential side effects and any history with addictions. And immediately report signs of negative effects.
- 2. Only take the amount prescribed—**Never increase a dosage without your doctor's okay. If you forget to take your med, don't double up. Instead, move on to the next prescribed time.
- 3. Be wary of combining with other substances—**Talk to your doctor if you're taking other medications and if you consume alcohol or use illicit drugs.
- 4. Let loved ones know—**Enlist family or friends to hold you accountable and keep everyone in the loop. For peace of mind, urge everyone to watch for signs of drug dependency.
- 5. Ask about alternatives—**Never hesitate to ask your doctor about other types of medication or even alternatives to prescription drugs, such as physical therapy or meditation.

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