

Participating in pain management allows you to:



- Feel more in control
- Experience decreased pain and anxiety
- Have a decreased length of hospital stay
- Recover more quickly
- Return to regularly scheduled activities

About prescription opioids:



- Prescription opioids effectively treat moderate to severe pain by blocking pain signals sent from the brain to the body
- Opioids can be addictive
- Opioids can be dangerous; they may cause physical and psychological dependence, withdrawal, addiction, overdose, and even death
- Commonly prescribed opioids are:
 - Hydrocodone (Vicodin®)
 - Codeine
 - Oxycodone (OxyContin®, Percocet®)
 - Morphine
 - Fentanyl
 - Tramadol (Ultram®)

Determining the right pain management approach includes:



- Previous experience with opioid prescriptions
- Overall health and current medications prescribed
- Personal or family history related to substance use, addiction, or overdose
- Currently on medication to treat depression, anxiety, attention deficit disorder, bipolar disorder, schizophrenia, or other like condition

More than 400 Minnesotans die from an opioid related overdose each year.

Non-opioid alternatives include:

- Rest/Self-care
- Massage
- Acupuncture
- Exercise
- Chiropractic Care
- Physical Therapy
- Non opioid medications such as;
-- Acetaminophen (Tylenol®) or Ibuprofen (Advil®)
- Evidence Based Programs
- Support Groups
- Meditation
- Stretching
- Applying ice or heat
- Elevation



When determining if opioids are right for you, use the "BRAIN" acronym:

- What are the BENEFITS?
- What are the RISKS?
- What are the ALTERNATIVES?
- What is my INTUITION telling me?
- What if I say, "NO, NOT NOW?"

To lower the risks of opioids:



- Never take more than prescribed
- Never mix with alcohol, sleeping pills, anxiety medication, or illegal substances
- Use lowest dose possible, for the shortest length of time
- Do not make up missed doses
- Speak with pharmacist at prescription pick-up
- Never take opioids prescribed to someone else

Signs of physical dependence or addiction include:



- Feeling anxious, nervous, or consumed by waiting to take your next dose
- Taking opioids in larger doses or longer than intended
- Craving or having a strong desire for opioids
- Needing higher doses to get the same effect

It is important to follow a plan with your doctor for tapering and discontinuation of opioids following an acute injury or surgery.


Talk to your doctor if you are experiencing any signs of withdrawal, such as:



- Muscle and bone pain
- Sleep problems
- Diarrhea and vomiting
- Cold flashes and goosebumps
- Uncontrollable leg movements
- Severe cravings

Talk to your loved ones about the risks of overdose.


Signs of an opioid overdose include:

- 
- Unresponsiveness or inability to wake
 - Blue or pale lips or nails
 - Shallow, raspy, or paused breathing
 - Gurgling sounds in the throat
 - Slow heart rate



Naloxone is an overdose reversal agent and may be available from a doctor, pharmacy, community organization, EMS, or police.

Responding to an opioid emergency:

- 
- Call 911
 - Provide two rescue breaths
 - Administer naloxone
 - Continue with rescue breaths until help arrives
 - If little/no response in 2 minutes, give another dose of naloxone and continue rescue breaths

To safely store your prescriptions:

- Keep medication out of reach of children and pets
- Hide or lock up medication
- Keep medication in the original containers so you do not mix up prescriptions
- Know the location and number of pills in each bottle

Safe disposal of unused or expired medications:

- Find nearest prescription drop box site
 - Leave in the original container with the label on, seal in a clear plastic bag, and black out personal information
- If you are unable to get to a prescription drop box
 - Use a drug deactivation substance
 - Flush medications down the drain

WRIGHT COUNTY DROP SITES

Wright Cty. Sheriff's Office 3800 Braddock Ave NE Buffalo, MN 55313 M - F 8-4:30 & Sat 9-11:30	Annandale Police Dept. 30 Cedar St East Annandale, MN 55302 M - F 8-4:30
Buffalo Police Dept. 215 1st Ave NE Buffalo, MN 55313 M - F 8-4:30	Howard Lake Police Dept. 625 8th Avenue Howard Lake, MN 55349 M - F 8-4:30
Delano City Hall 234 2nd St South Delano, MN 55328 M, W & Th 7:30-5 T 7:30-7 & Fri 8- Noon	St. Michael City Hall 11800 Town Center Dr NE St. Michael, MN 55376 M, W 8-8 & T, Th 8-6 F 8-5 & Sat 10-1

Visit www.MEADA.net for more information
A collaborative effort of the Wright County Opioid Action Team, an effort supported by SHIP.

Opioids

**In a world of crisis,
be part of the solution.**



**Proper use may be the difference
between speedy recovery and
addiction.**

Learn your role.