

Opioid pain medications like oxycodone, hydrocodone, codeine, and morphine can be highly addictive. Before you take opioids, know your options for managing pain.

Start by making a pain management plan.
Talk to your provider about:

Pain

- Understand how to measure your pain.
- Know what is normal vs. what is concerning.

Medications

- Decide on your primary and back-up pain medications
- Know the specific dosage and maximum daily limits.
- Learn about risks and side effects.

Recovery

- Follow instructions about physical activities.
- Plan a timeline for returning to normal activities.

Emergencies

- Learn what to do for support after hours or on the weekend.
- Know what to do and who to call in an emergency.



Pain is a normal part of healing and can last for days or weeks. The goal is to manage your pain so you can function in your day-to-day life.

Additional notes:

Learn more:
[GetTheFactsRX.com](https://www.getthefactsrx.com)



**Better pain
management and
safe opioid use start
with one conversation.**

Talk to your health care provider.

Your pain management plan

Pain

Expected pain level: ____/10

Expected duration: _____

Signs for concern: _____

Medications

Name/Dose: _____

How often: _____

Side effects to watch for: _____

Recovery

Physical activities to do: _____

When to start: _____

Alternative pain management to use: _____

Emergencies

After hours phone number: _____

Weekend phone number: _____

My Support Team:

Doctor: _____

Phone: _____

Pharmacy: _____

Phone: _____

Family/Friend: _____

Phone: _____

Opioids aren't the only way to manage pain. Know your non-opioid alternatives.



Over-the-counter pain relievers

Consider non-opioid drugs like acetaminophen or ibuprofen.



Heat and cold therapies

Try heating pads, ice packs, or the RICE (rest, ice, compression, elevation) method.



Alternative therapies

Ask about physical therapy, occupational therapy, massage, or acupuncture.



Movement

Go for a walk, stretch, do any permitted exercise, try yoga or tai chi.



Meditation or pain management apps

Explore Headspace, Insight Timer, or Curable.



Welcome distractions

Make art, read, listen to music or a podcast, watch TV, or do a puzzle.



Spending time in nature

Bird watch, soak in the sun and fresh air, and take deep breaths.

Safe Opioid Use

If you and your provider decide an opioid prescription is right for you, ask for the lowest dose for the shortest time.

Lock up your meds

Store your opioid medication to prevent it from winding up in the wrong hands. Use:

- A locking bag
- A locking cabinet/safe
- Or a lock box

Dispose of unused, unwanted, and expired pills

Safely dispose of opioids. Never flush them, toss them, or share them. Use a drop-off location near you or order a free mail-back envelope: [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org)

Get naloxone

Naloxone (or Narcan) is a lifesaving medication that can reverse an opioid overdose. If you're prescribed an opioid, ask for a naloxone prescription or find it near you: [stopoverdose.org](https://www.stopoverdose.org).



Nearly half of people misusing prescription opioids get them from family or a friend.

Learn more:
[GetTheFactsRX.com](https://www.GetTheFactsRX.com)