## 2. Safely Store Opioids and **Dispose of Excess Tablets**

- Keep away from pets, kids, family, or friends
- Dispose of unused opioids at pharmacy drop-boxes
- Scan code to view drop-off locations:



## 3. Consider a Naloxone Rescue Kit to Treat Possible Overdose

- Many NYC pharmacies provide naloxone kits without a prescription
- Scan code to find these pharmacies:





## Where Can I Turn for Help?

#### Vincent P. Dole Institute

- Outpatient methadone maintenance program
- Contact Kim Alexander kia2001@nyp.org | 212-746-1252

#### Midtown Center for Treatment

- Outpatient Suboxone treatment program
- Contact Chris Sturiano, PhD chs2036@med.cornell.edu | 212-764-5178

#### **OASES Provider and Program Search**

- Opioid addiction treatment services
- www.oasas.ny.gov/providerdirectory

### **NYC Buprenorphine Providers**

- Behavioral health treatment services www.findtreatment.samhsa.gov

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## **Quality & Patient Safety**

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## What are Opioids?

Opioids are powerful medications prescribed to relieve pain.



#### **Commonly Prescribed Opioids are:**

- **Hydrocodone** (Vicodin)
- Oxycodone (Percocet, OxyContin)
- Oxymorphone (Opana)
- **Hydromorphone** (Dilaudid)
- Morphine
- Codeine



# Why are Opioids Dangerous?



#### **Side Effects**

Opioids may cause sedation, nausea, vomiting, and constipation.

#### **Dependence**

Patients may crave opioids after no longer taking the drug.

#### **Addiction**

Brain changes may cause patients to develop an irresistible urge to use opioids.

#### Withdrawal

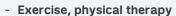
Stopping opioids abruptly can cause diarrhea, sweating, nervousness, and runny nose.

## **How Can I Manage Pain?**

Try to manage pain without opioids first.

#### **Options Include:**

### **Non-Drug Interventions**



- Acupuncture, meditation
- Pain medicine consults

### **Non-Opioid Medications**



- Pain relievers like acetaminophen and NSAIDs
- Other classes of medication that relieve certain types of pain

# Goals for Pain Management

### 1. Improve Function

- Treatment should improve movement and quality of life

## **"**\"

#### 2. Reduce Pain

- Easing pain by 20-30% is a realistic and achievable goal



#### 3. Minimize Side Effects

- The benefits of therapy should always outweigh the risks







# How Can I Safely Use Opioids?

## 1. Abide by the Signed Opioid Contract

- Take opioids only as prescribed
- Never share or sell opioids to anyone
- Cooperate with random urine screens
- Schedule periodic follow-up appointments to continue receiving refills

