



Opioids

Learn about opioid prescriptions and other options

Talk to your doctor about options to help manage your pain.



Understanding opioid prescriptions and alternatives¹⁻³

What are opioids?

Opioids are a class of drugs that can help relieve moderate to severe pain. They are sometimes prescribed after surgery or injury.

Risks of opioids

Opioids can be dangerous because they can lead to:

- Addiction (a strong urge to use the medicine)
- Misuse (taking the medicine in a way not prescribed)
- Overdose (taking too much medicine, which can be life-threatening)

Proper use of opioids

To use opioids properly:

- Take them exactly as prescribed by your doctor
- Do not take more or less than prescribed
- Do not share your medication with others
- Store them in a safe place, out of reach of children and others who might misuse them
- Dispose of unused opioids properly

Alternatives to opioids

There are other ways to manage pain that don't involve opioids. These include:

- Physical therapy
- Exercise
- Acupuncture
- Meditation and relaxation techniques
- Other non-opioid pain medicines like acetaminophen or ibuprofen

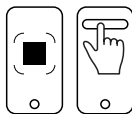
Managing pain without opioids

Talk to your doctor about alternative pain management options. Some of these options may work better and have fewer risks. By understanding your options and using opioids as directed by your doctor, you can manage your pain effectively while helping to minimize risks.



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*Some app functions are not available yet, but coming soon.

Sources:

1. Basics About Prescription Opioids. <https://www.cdc.gov/rx-awareness/information/index.html>
2. Save a Life from Prescription Opioid Overdose. <https://www.cdc.gov/rx-awareness/prevent/index.html>
3. Nonopioid Therapies for Pain Management. <https://www.cdc.gov/overdose-prevention/hcp/clinical-care/nonopioid-therapies-for-pain-management.html>

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