

# GET SERIOUS. THEY'RE OPIOIDS.

## WHAT TO ASK YOUR DOCTOR, DENTIST OR PHARMACIST

A recent survey of Coloradans found roughly 80% of those surveyed were prescribed an opioid at some point in their lives. Opioids are prescription pain relievers such as Percocet, Vicodin, and Oxycontin. While opioids can be effective for pain relief when used appropriately, they come with risks including serious interactions with other medication and addiction. Your doctor, dentist and pharmacist can help minimize these risks. It starts with a conversation.



### Before you start taking a prescription pain medication ask:

- Is this an opioid?
- Am I at risk for addiction?
- How will this help restore function?
- Are there alternatives that could provide similar relief (*such as over-the-counter pain relievers*)?
- How often should I take this medicine, and how much should I take?
- After how many days can I consider stopping this medication?
- Where should I store this medication? (*Let your doctor know if you have children in your home, or other individuals that may be at risk of accidental or intentional misuse.*)
- How can I safely get rid of any leftover medication? (*Note: Your pharmacist can also provide helpful information, and you can also find safe medication disposal sites in Colorado at [www.takemededback.org](http://www.takemededback.org).*)



### What to share with your doctor:

- ALL other medications and supplements you're currently taking.**  
Taking certain medications while taking pain medication can cause serious, potentially deadly interactions. Especially in an emergency, having a list of all medications and supplements you're currently taking is extremely important. You can print a My Medications List at [TakeMedsSeriously.org/Resource](http://TakeMedsSeriously.org/Resource).
- ANY struggles you've had with alcohol or other drugs and any history of addiction in your family.**  
Your wellbeing is the priority. There is a risk of addiction with opioids.