

Topic of the month:

Safe Use of Opioids

Side Effects Of Opioid Use



SWEATING



DIZZINESS



NAUSEA



DRY MOUTH



CONSTIPATION



Opioids are narcotic medications that help reduce the feeling of pain. Opioids are usually used to treat moderate-to-severe pain conditions.

Some examples of prescription opioids include: *Tramadol, Codeine, morphine, oxycodone, hydromorphone and fentanyl*

What Are The Risks Of Opioid Use?

Many people have used opioids without problems. However, serious problems, including **overdose and addiction**, have happened. Here are a few tips that would help keep you safe while on opioid medications:

DO	DON'T
<input checked="" type="checkbox"/> Take your medication as prescribed	<input checked="" type="checkbox"/> Take opioids in greater amounts or more often than prescribed
<input checked="" type="checkbox"/> Let your doctor or pharmacist know of any side effects or concerns you may have regarding opioid use	<input checked="" type="checkbox"/> Take opioids with alcohol and other medications that cause drowsiness (e.g. benzodiazepines). This could be very dangerous.
<input checked="" type="checkbox"/> Safely store your medications	<input checked="" type="checkbox"/> Share your prescription opioids.
<input checked="" type="checkbox"/> Take any unused opioids back to your pharmacy for safe disposal	<input checked="" type="checkbox"/> Discard any medications in the regular garbage

Signs of Opioid Overdose

Get immediate medical help if you or your loved one experience any of the following:

- Severe dizziness
- Inability to stay awake
- Hallucinations
- Heavy or unusual snoring
- Slow breathing rate

DID YOU KNOW? in 2016, there were **2,861** apparent opioid-related deaths in Canada