

Over 300,000 people are seen in emergency departments every year for abuse of pain killers.

## New Mexico leads the nation in deaths from accidental drug overdose.

Opiates are serious medications for pain. It is very important to know the dangers and responsibilities that come with their use.

### Possible signs of overdose include:

- Trouble breathing
- Can't wake up
- Confusion
- Blue lips or fingernails
- Clammy, cool skin



## Addicted to Opiates? Need Help?

### Suboxone®\* Physicians:

[http://buprenorphine.samhsa.gov/bwns\\_locator/](http://buprenorphine.samhsa.gov/bwns_locator/)

### Mental health Substance abuse treatment, Buprenorphine\* Services Intake:

(505) 758-5857 Hotline:

(575) 758-1125

### Alcoholics Anonymous:

[www.newmexicoaa.org](http://www.newmexicoaa.org)

[www.albuquerqueaa.org](http://www.albuquerqueaa.org)

(505) 266-1900

### Albuquerque's Alcohol & Drug Addiction Rehabilitation Treatment:

1-800-559-9503 (24 hour addiction helpline)

[www.drugstrategies.org/New-Mexico/Albuquerque](http://www.drugstrategies.org/New-Mexico/Albuquerque)

### Narcotics Anonymous:

<http://riograndena.org>

(505) 984-2098

### UNM Psychiatric Center:

2600 Marble Ave. NE, Albuquerque, NM 87106

(505) 272-2800 **Emergency number:**

(505) 272-2920

### For more information on safe opiate pain medications:

[www.doh.wa.gov/hsqa/takeasdirected](http://www.doh.wa.gov/hsqa/takeasdirected)

# SAFE USE OF PRESCRIPTION OPIATE PAIN MEDICATION



*\*Suboxone® and buprenorphine are medications used to treat opiate addiction.*

## BUILD A PARTNERSHIP WITH YOUR DOCTOR



- See the same doctor every time
- Use one pharmacy
- Schedule appointments before your prescription runs out
- Bring your bottle every time
- Your doctor may ask for a urine sample to check medication use
- Talk to your doctor about your pain control needs and strategies
- Talk to your doctor about side effects you may be having
- Tell your doctor about all other medications you are taking because of possible harmful interactions.

### COMMON SIDE EFFECTS:

- drowsiness
- constipation
- dry mouth
- nausea
- vomiting
- itching
- sweating
- constipation

# OPIATE SAFETY

**DO NOT** drive or use machinery when you start this medication.

**NEVER** drink alcohol with opiates.

**AVOID** drug interactions-tell your doctor and pharmacist ALL medications you are taking.

**NEVER** use someone else's medication.

**NEVER** share your medications! This can lead to overdose or death.

**Storage:** Protect your medication and keep your family safe! People who abuse opiates are looking for opportunities to get let it be yours don't

**DO NOT** tell anyone who doesn't need to you are taking this medication.

**ALWAYS** store your medications in a secure place. **ALWAYS** dispose of unused

medication when no longer needed by flushing

**DO NOT** take them to the counter, in a medicine cabinet, or your car.

**IF YOUR MEDICATION IS LOST OR STOLEN, file a police report.**

**Missing opiates are a serious matter!**

## HOW TO STOP TAKING THIS MEDICATION

**TALK** with your doctor about how to decrease your medication to prevent withdrawal reactions.

**PLAN** ahead to stop taking opiates when they are no longer needed for your pain.



## ADDICTION

Addiction is a craving for opioids despite harming a person. It is a disease and requires immediate treatment.

Addiction is more likely if you have a history of addiction (to alcohol, drugs, etc) or family members with addiction.