



Safe use of Prescription Pain Medication

**Take only as directed.
Mistakes or misuse can cause serious
health problems and even death.**

- **Tell your doctor and pharmacist about all other drugs you are taking.**
It may be extremely dangerous to combine pain medications with certain other prescription and over-the-counter drugs. If you have more than one doctor, make sure they know about all the medications you are taking.
- **Do not drink alcohol while you are taking pain medication.**
This can stop your breathing and cause death.
- **Let your doctor know if you have concerns about your pain medication.**
Talk with your doctor if you want to change how much you take, how often you take it, or if you are worried that your use might be out of control.
- **Never take pain medication that is not prescribed for you. Never share your prescription with others.**
It's dangerous and illegal.

Call 911 immediately if you cannot wake someone who has taken pain medication.

If you seek medical help for someone in an emergency, you are protected by Washington State law.

An overdose reversal medication is available.

Ask your doctor or pharmacist about Naloxone/Narcan. Learn more at:
www.stopoverdose.org

Possible signs of overdose from pain medication include:

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

More serious effects of overdose are:

- Seizure
- Coma
- Death

Keep children and family safe.

Put your pain medication in a place where others can't take it.



Dispose of unwanted medication in a way that protects others and the environment:

Call your local police department or solid waste agency to find a drop-off location near you.

If you can't drop off unused medication—and county law permits:

Keep the medicine in its original childproof and watertight bottle, add kitty litter or coffee grounds, tape the container shut, hide it in the trash where it cannot be reached by kids or animals.

Do not flush leftover medicines down the toilet!

For more information

<http://takeasdirected.doh.wa.gov>
www.stopoverdose.org
www.TakeBackYourMeds.org

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 711).