



Did you know?

- Mixing prescriptions with alcohol or over-the-counter drugs can be dangerous!
- It can cause a drop in heart rate and breathing
- Risk of overdose and death increases!

What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

Something to try:

1. _____

2. _____

Community Resources:

1. _____
2. _____

Behavioral Health Specialist:

Phone Number:



**Because
WE CARE,
we ask
EVERYONE**

OPIOIDS



vital
Improving Wellness in Alabama

Opioids



Opioids are a narcotic drug.
These medications relieve:

- Pain
- Cough
- Insomnia

Opioid overdose can be fatal!

Common Opioid Prescriptions:

OxyContin®, Vicodin®, Opana®, Lomotil®
Morphine, Methadone and Fentanyl

Common Over-The-Counter Opioid Medicines:

Robitussin AC®, Robitussin DAC®,
Triaminic Expectorant with Codeine®

Don't borrow or share! Be aware:

- Not all pain killers have the same amount of medicine in each pill.
- Pills may look the same but could be different medicines.
- Using a medicine that is not yours could cause health problems.

Questions to Consider:

- Am I using my own medicine?
- Am I taking the medicine the way it was prescribed?
- Am I running out of pills before my prescription can be refilled?

Effects of Opioid Prescriptions

Head

Mental confusion
Inability to concentrate
Alters perception of pain
Loss of consciousness

Eyes

Swelling
Redness

Lungs

Difficulty breathing

Kidney and Bladder

Trouble with urination

Intestinal

Constipation

Stomach

Nausea
Vomiting
Cramps
Bloating

Muscles

Weakness

Symptoms you may have because of an opioid overdose:

- Mental Confusion
- Extreme Drowsiness
- Nausea
- Slowed Breathing
- Cold Clammy Skin
- Convulsions or Seizures