The DOS and DON'TS when you are prescribed opioids or other medications

1. **DO always take opioids at the dosage and frequency prescribed by your doctor.**
   Taking more of an opioid medication than your doctor prescribed or taking it more often than prescribed can result in an accidental overdose.

2. **DON'T drink alcohol or use other drugs when taking an opioid unless it has been approved by your doctor.**
   Alcohol and other drugs, including over-the-counter medications and even some supplements, may interact with the opioid, which could lead to serious side effects or accidental overdose.

3. **DON'T break, crush, dissolve, chew or inject any opioid medication.**
   Breaking, crushing, dissolving, chewing or injecting an opioid drug can cause too much of the opioid to be released into your system at one time and may result in an overdose, which could be fatal. If you are not able to swallow the tablet or capsule whole, talk to your doctor about other options that might be available, like liquid forms of the medication.

4. **DO always read the instructions that come with your medication and ask your doctor or pharmacist if you have any questions.**
   Even if you've taken a particular opioid medication before, it is a good idea to read the instructions again to see if there have been any changes or new warnings or to see if there is something you may have forgotten.

5. **DON'T ever take an opioid pain reliever that is not prescribed for you.**
   Taking an opioid medication not prescribed for you is very dangerous. Medications are prescribed for an individual based on a number of different factors. Opioids in particular need to be started at very low dosages and gradually increased as needed based on your body's ability to tolerate them. A dose that is safe for one person could result in an overdose and even death for someone else.

6. **DO keep your opioid medications locked up in a safe place at all times.**
   Never leave opioids out where they are visible or easily accessible. And do not make the fact that you take opioids public knowledge. Tell only those who need to know (i.e., your very closest family members). Basically, you should treat your opioids as you would a large sum of cash: keep it hidden and locked away.

7. **DON'T ever share your opioid medication with another person.**
   Giving your prescription medication to another person is illegal even if it is a close family member. This can be an especially difficult rule to follow when someone you love is in pain. But for the same reasons you should never take someone else's medication, you should never give someone else your medication. Remember that everyone's body reacts differently. A drug that simply gives you a little pain relief could result in an overdose for someone else.

8. **DO be prepared for opioid emergencies.**
   Even people who have been taking opioids for a long time can accidentally overdose. In case of overdosing you need to be evaluated in an emergency room.

I have received a copy of the “The DOS and DON'TS when you are prescribed opioids....” and I will follow above instructions.

Patient___________________________________Date________________________