

Opioid medication: What you need to know

Your child has been provided a prescription for an opioid medication. Opioid medications may be used for pain relief after certain injuries, surgery, and some chronic health conditions. Proper **Use**, **Storage** and **Disposal** of opioid medications can help prevent accidental overdose or misuse.



Use

- Read the prescription label and use the opioid medication only as directed.
- Over-the-counter pain relievers like acetaminophen (Tylenol®) or ibuprofen (Motrin®) may also be recommended.
- Massage, heat, ice, relaxation and deep breathing can also help reduce pain.
- In some cases, your child may also be prescribed Narcan® (naloxone), a medication used to treat an opioid overdose. Please read the instructions so you know the signs of an overdose and how to use this medicine, if needed.



Storage

- Know where your child's opioid medication is at all times.
- Keep a count of how many pills are in the prescription bottle.
- Always keep this medicine in a locked cabinet or lockbox and out of the reach of children.



Disposal

- Dispose of any unused opioid medication immediately when it is no longer needed.
- Mix unused pills (do not crush) with dirt and dish detergent in a sealed plastic bag. Throw the bag away in your household trash.



Questions

- CHKD: (757) 668-7700
- FDA (Food and Drug Administration): 1-800-543-3784



Emergency Contacts

- Poison Control Center: 1-800-222-1222 (store this number on your phone)
- Call 911 immediately if anyone taking an opioid medication collapses, has a seizure, has trouble breathing, or can't be awakened.

