

12 Questions to Ask Before Taking Opioids



Whether your teen has surgery, an injury, or a dental procedure that may require the use of prescription opioids, there are questions you can ask the doctor to help successfully manage pain while limiting addiction risks.



Take this list of questions with you to your next appointment.

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| <p>1 Is this prescription an opioid? Why are you prescribing it?</p> | <p>4 Are there any side effects, and can I do anything to reduce or prevent them?</p> | <p>7 Addiction runs in our family. Should __ take this medication? OR __ has a history of substance abuse. Should __ still take this opioid?</p> | <p>10 After I finish this medication, how can I discard it?</p> |
| <p>2 How long and how often should this medication be taken?</p> | <p>5 What are the rates of addiction with this particular opioid, and can we do anything to help prevent addiction?</p> | <p>8 Is starting with a lower dose or fewer pills an option?</p> | <p>11 If I have concerns about this medication in the future, whom do I contact?</p> |
| <p>3 Will this interact with any other medications? (List any medications being used)</p> | <p>6 Does this medication effect the ability to drive or sleep?</p> | <p>9 Are there any non-opioids that can be taken as an alternative?</p> | <p>12 Can you recommend any treatment options or therapies to manage pain that do not involve taking medication?</p> |



You Can Prevent Youth Rx Drug Abuse



Don't Share

Sharing prescription drugs with family or friends, even when you intend to help them, is a dangerous misuse that could cause serious consequences.



Securely Store

Lock up all medicine and monitor access. Don't allow youth to take unknown amounts of medication to school.



Properly Dispose

Drop off at a disposal location (disposemy meds.org)
OR
Put in sealed bag with dirt or kitty litter and place in a secured trash receptacle.



Talk Early & Often

Talk about the dangers of prescription drug abuse with your youth. Go to teens.drugabuse.gov for information.

49%

of teens who misuse or abuse Rx medicines obtained them from friends.

73%

of teens indicate that it's easy to get prescription drugs from their parents' medical cabinet.

66%

of people do not dispose of expired medications properly.