

# USING OPIOID MEDICATION RESPONSIBLY

While an effective treatment for certain patients with severe and/or chronic pain, using opioid medication also comes with serious risks. It's important to work with your healthcare provider to ensure you are getting the safest, most effective care. Practice responsible opioid medication use by:

- Never taking opioids in greater amounts or more often than prescribed
- Never combining opioids with alcohol or other drugs that cause drowsiness, such as:
  - Benzodiazepines (“benzos”) such as alprazolam (Xanax®), diazepam (Valium®), and lorazepam (Ativan®)
  - Muscle relaxants such as Soma® or Flexeril®
  - Sleep aids such as Ambien® or Lunesta®
  - Other prescription opioids
- Never selling or sharing prescription opioids
- Storing opioids in a secure place and out of reach of others than prescribed (including children, family, friends, and visitors)
- Properly disposing of any unused opioids at the end of your treatment:
  - Visit [www.fda.gov](http://www.fda.gov) to search for your local drug take-back programs and for instructions on how to properly dispose of medications in the trash or by flushing

Source: Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))