

Flip The
Script

AWARENESS OF PAIN MEDICINE MISUSE



When it comes to the misuse of prescription pain medicine, everyone is at risk.

Misuse means to take in a way that was not instructed by your doctor, such as accidentally taking too much medicine, or taking it more often to feel the drug's feel-good effects.

Opioid pain medicine slows down the feeling of pain in our bodies. At the same time, it causes temporary, but powerful feelings of well-being.

The exact reason why someone is more likely to misuse a medicine is not known. But our life experiences and other factors, such as our family history, stressful life events, anxiety, and depression, can all play a part.

We may not be aware of any of these risk factors in our lives. But we may still be at risk of coming under the influence of the unusual feelings that these powerful drugs can sometimes create in our minds and bodies.

This is why it is important to check in with yourself and talk to your doctor, pharmacist, nurse, or health care provider often.



Check in with yourself to see if you need to ask your health care provider for help.

1. Do I sometimes take an extra pill to fall asleep or cope with pain?
2. Do I run out of medicine early?
3. Have I ever felt that I should cut down on my drinking or drug use?
4. Have I ever felt bad or guilty about my drinking or drug use?

Take action. Flip the page for questions to ask your provider.

TAKE ACTION. TALK TO YOUR PROVIDER ABOUT PAIN MEDICINE MISUSE.



The following questions can help you Flip the Script with your provider and help spark new ideas you may not have thought of. Print and take this to your next health care visit. Use the notes section to write down the important points you want to remember.

Suggested Questions to Ask	My Notes
How do people become dependent on opioids? What should I be aware of?	
I am worried that if I take an opioid I will misuse it. What is my risk?	
I struggle with substance use disorder, but continue to have pain. What are my options?	
I feel like I am relying more on my prescription pain medicine. How can we reduce this safely?	
I have never taken a strong pain medicine. But have an upcoming surgery where a strong pain medicine is recommended. Can we talk about my concerns? Are there other options?	
I usually do not like to take medicines, but I have been having this pain for a long time. Can we talk about my concerns? What other options do I have?	

GET HELP

If you or a loved one are struggling with substance misuse, you can call SAMHSA's National Helpline at 1-800-662-HELP(4357) for 24-hour free and confidential treatment referral and information in English and Spanish about mental and/or substance use disorders, prevention, and recovery.
www.samhsa.gov/find-help