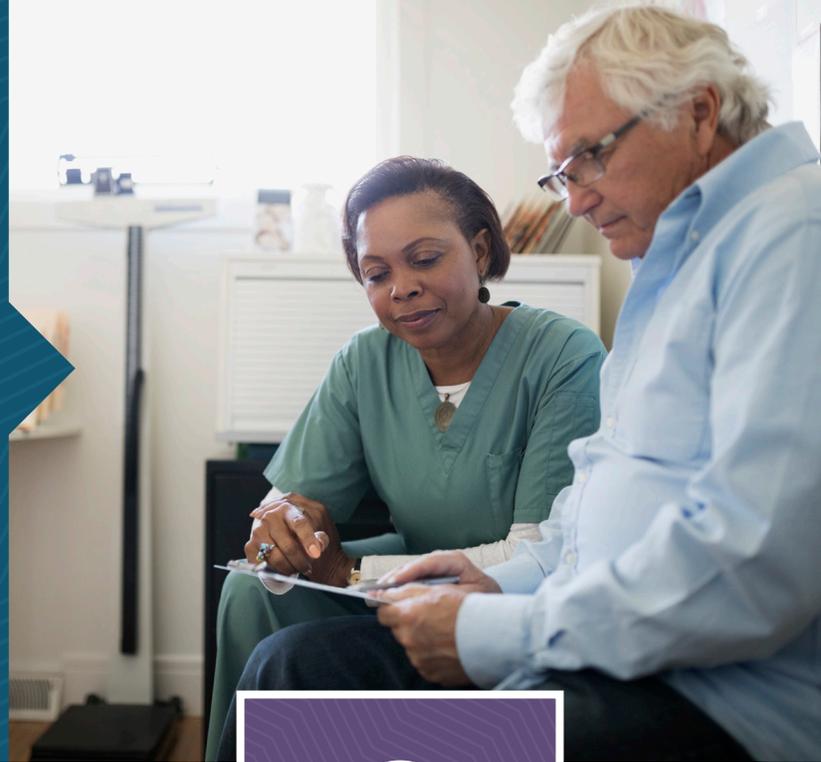


Flip The  
Script

# SAFE USE OF PAIN MEDICINE



Some medicines, including prescription opioids, may have side effects that can impact the things you enjoy doing most.

Remember to talk to your health care provider about the types of medicines that are available and how to take, store, and dispose of pain medicines safely.

If you decide to try a pain medicine, track how it makes you feel. Do not stop taking your medicine without talking with your provider first. You may need to work with your doctor or pharmacist to change your dose.

You may also want to try combining other non-medicine options, such as practicing gentle yoga or massage therapy, to help manage your pain. This may reduce the need for pain medicine over time and lower your risk for misuse.

## Taking medicine safely means:

- Following instructions
- Using the right amount
- Taking medicines on time
- Telling your doctor or pharmacist if you have any trouble
- Limiting or avoiding alcohol
- Talking with your provider before stopping any medicine
- Not sharing medicines
- Safely storing medicines to prevent misuse and accidents
- Not saving medicines for future use
- Properly disposing of leftover medicines

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

# TAKE ACTION. TALK TO YOUR PROVIDER ABOUT USING PAIN MEDICINE SAFELY.

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The following questions will help you Flip the Script with your provider and can help spark new ideas that 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 will this medicine help me?	
How can I use this medicine safely?	
I don't understand how or when to take my medicine. Can you tell me more?	
What are some ways that this medicine may harm me?	
What do I do if I have left over medicine?	
If my medicine starts to get in the way with the things I do every day, what should I do? When should I tell you?	

## LEARN MORE

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To learn more about the safe use of pain medicine, visit [FlipTheScriptOnPain.org](http://FlipTheScriptOnPain.org).