

When the doctor prescribes meds

Your involvement can protect against possible addiction or overdose, or from the pills being used by others.



Step 1 KNOW THE FACTS

Opioid painkillers, such as Hydrocodone, Oxycodone, Percocet, etc., can be addictive. An estimated one in four people who are prescribed painkillers struggle with addiction.

Step 2 ASK THE PRESCRIBING DOCTOR OR DENTIST THE FOLLOWING QUESTIONS:

- Are non-opioid options available?
- Can the prescription be for a smaller quantity of pills?
- How should the painkiller be taken? (How often and when?)
- What happens if you miss a dose?
- Are there any medications that can interact with the painkillers such as allergy medication?
- Should you take a pill even if you aren't feeling a lot of pain, but are experiencing discomfort?
- What if the pain stops and then comes back?
- When should the painkillers be slowly decreased or stopped?
- What activities should be avoided when taking painkillers?

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Step 3

MAKE A DAILY CHART OF THE DOSE
AND TIME THE PAINKILLER IS TAKEN.

Step 4

KEEP THE PAINKILLERS SECURE

Store the painkillers in a place that is not obvious so that only you know where they are.
You don't want to tempt anyone or provide easy access.

Step 5

DISPOSE

Dispose of unused prescriptions as soon as they are no longer needed.

Prescription drug disposal boxes are available at many locations
throughout New York State. <https://www.dec.ny.gov/chemical/67720.html>

Stay safe.



Prevention | Treatment | Recovery
OASAS.ny.gov/Prevention



Office of Addiction
Services and Supports