



WE PRIDE OURSELVES ON
PATIENT SAFETY &
PATIENT SATISFACTION

HOTLINE FOR HELP: 1-800-662-HELP (4357)

**Are you or someone you know suffering
from a prescription drug or heroin problem?
We can help.**

Call **1-800-662-HELP (4357)** for information about treatment resources. Your call is completely confidential. This hotline is staffed by trained professionals and is available 24 hours a day, seven days a week. It is available in both English and Spanish.

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**Patient Education content referenced from
The Center for Disease Control and Prevention (CDC).
Last updated April 2018.*

IMPORTANT CONTACT INFORMATION REGARDING OPIOID DISPOSAL AND TAKE-BACK LOCATIONS

- Abington Hospital – Alliance Pharmacy
215-481-4318
www.abingtonhealth.org/Healthy-Living/CommunityHealth/Community-Resources
- Bucks County Drug & Alcohol Commission, Inc.
215-733-9313, Option 2, Ext. 2730
<http://www.buckscounty.org/LivingAndWorking/DrugAndAlcoholCommission>
- Center for Disease Control – Opioid Overdose
www.cdc.gov/DrugOverdose
- Chester County
1-866-286-3767
<https://www.chesco.org/216/Drug-and-Alcohol>
- Delaware County
610-713-2365
www.co.delaware.pa.us
- Montgomery County Drug & Alcohol Information and Advocacy Service
1-800-221-6333
www.montcopa.org
- PA Commonwealth Prevention Alliance
www.pastop.org
- PA Department of Drug and Alcohol Programs (includes Philadelphia locations)
www.ddap.pa.gov
- U.S. Food & Drug Administration – Resources
www.fda.gov/drugs/ResourcesForYou



**Abington
Jefferson Health®**

1200 Old York Road, Abington, PA 19001
215-481-2000
JeffersonHealth.org/Abington

MANAGING ACUTE PAIN




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HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

THE PROS

■ WITH GOOD PAIN CONTROL...

- You will be able to gain your strength back and go home from the hospital sooner.
- You will get a good night's sleep. Feeling rested will give you more energy to feel active.
- You will be able to get out of bed and walk around to help you heal faster.
- You will feel more comfortable to cough and deep breath (this helps to avoid lung problems like pneumonia).



THE CONS

■ SIDE EFFECTS...

- Nausea and vomiting
- Dry mouth
- Sleepiness/dizziness
- Upset stomach/constipation
- Confusion/ Depression
- Itching
- Physical dependence
(meaning withdrawal symptoms can happen)

THE DO'S & DON'T'S

DO

- DO take opioids* ONLY as directed.
- DO give your healthcare provider a list of your current medications.
- DO talk to your doctor about the safety of combining your pain medication with other medications, herbal supplements and herbal patches.
- DO know how much, and how often to take the pain medication.
- DO store opioids in a secure place.
- DO prevent constipation by using a laxative such as Miralax.
- DO follow up with your healthcare provider as directed.
- DO refer to the back of this brochure for resources and contact information regarding proper medication disposal and local Take-Back locations

DON'T

- DON'T take opioids in higher amounts or more often than prescribed.
- DON'T sell or share prescription opioids.
- DON'T drive or operate heavy machinery while taking opioids.
- DON'T combine opioids with alcohol.

**Examples of opioids include: oxycodone, morphine, Vicodin, Percocet, codeine, hydromorphone*

ALTERNATIVES

Opioids are not the only option for controlling pain. There are other medications and treatments that can be very effective in managing your pain. These can include non-opioid medications and non-pharmacologic treatments. These two options can be used alone, or together, to help manage your pain.

Non-Opioid Medications

- Acetaminophen i.e. Tylenol
- Ibuprofen i.e. Motrin
- Naproxen i.e. Aleve
- Some medications that are also used for depression and seizure control

Non-Pharmacologic Treatments, Per Your Doctor's Approval

- Physical Therapy/Exercise/Stretching
- Acupuncture or massage
- Cognitive behavioral therapy (CBT)
- Application of heat or ice to the affected area

When to Seek Help

If you are having side effects that are preventing you from your usual activities (nausea, vomiting, dizziness, constipation, upset stomach, depression/confusion) call your healthcare provider. Contact your provider if the opioids are not helping with the pain or if you have questions or concerns about the medication.

WHEN TO CALL FOR EMERGENCY HELP...

You and your caregiver should call for help when your heart is acting differently than normal (beating too slow, too fast or is irregular), you experience a seizure, you experience severe muscle pain or weakness.