

IMPORTANT CONTACT INFORMATION REGARDING OPIOID DISPOSAL AND TAKE-BACK LOCATIONS

Any expired or unwanted medications should be properly disposed of at a designated take-back location.

- 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

Are you or someone you know suffering from a prescription drug or heroin problem?

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



**Abington
Jefferson Health**

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

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

ALTERNATIVES FOR MANAGING ACUTE PAIN

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.