What are opioids?

Opioids are drugs that may be used in pain management. Everyone who takes opioids is at risk for opioid poisoning (overdose), even if taken as prescribed, and should take appropriate precautions.

Common Opioids Include:

<table>
<thead>
<tr>
<th>GENERIC NAME</th>
<th>BRAND NAME</th>
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<tbody>
<tr>
<td>Hydrocodone</td>
<td>Vicodin, Lorcet, Lortab, Norco, Zohydro</td>
</tr>
<tr>
<td>Oxycodeone</td>
<td>Percocet, OxyContin, Roxicodone, Percodan</td>
</tr>
<tr>
<td>Morphine</td>
<td>MSContin, Kadian, Embeda, Avinza</td>
</tr>
<tr>
<td>Codeine</td>
<td>Tylenol with Codeine, TyCo, Tylenol #3</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Duragesic, Actiq</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Dilaudid</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>Opana</td>
</tr>
<tr>
<td>Meperidine</td>
<td>Demerol</td>
</tr>
<tr>
<td>Methadone</td>
<td>Dolophine, Methadose</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>Suboxone, Subutex, Zubsolv, Bunavil, Butrans</td>
</tr>
<tr>
<td>Heroin</td>
<td></td>
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</tbody>
</table>

Heroin is also an opioid.

Opioid Safety Tips

**DO**
- take opioid and non-opioid medications as prescribed
- inform all providers that you are taking opioids
  - Tell your primary provider if another provider prescribes an opioid for you
- be cautious about driving or operating machinery, especially if you feel sleepy or confused
- get help from family and friends
  - Tell them that you take opioids
  - Ask them to help you take opioids safely
  - Tell them where you keep the naloxone kit and how to use it

**DON’T**
- take extra doses of opioids
  - You could overdose and die
- drink alcohol or use “street” drugs when taking opioids; they can impair your ability to use opioids safely and can cause severe harm or death
- share, give away, or sell your opioids
  - This is dangerous and illegal
- If you’ve been taking opioids daily for more than a few weeks, stop taking opioids on your own
  - You may feel flu-like withdrawal symptoms
  - Your provider can help you stop safely
  - You may overdose if you start taking opioids again after an opioid-free break

Additional Resources

Local Emergency Services: 911
For other patient and caregiver resources, please visit: health.mil/opioidsafety
IN CASE OF OPIOID POISONING (OVERDOSE)

What is naloxone?

Naloxone (brand name: Narcan) is a temporary antidote for an opioid overdose. Should an overdose occur, naloxone will temporarily restore your breathing. If you are prescribed opioids, your doctor or pharmacist may talk to you about or prescribe naloxone. If you or someone you know is taking opioids, you can request naloxone.

Someone else has to administer this medication to the person experiencing an overdose. Be sure to tell your family members and friends where you keep your naloxone, and teach them how to use it.

If you use naloxone, follow up with your provider.

1. **Check responsiveness**

   Look for any of the following:
   - No response even if you shake them, say their name, or do a sternal rub
   - Breathing slows or stops
   - Lips and fingernails turn blue or gray
   - Skin gets pale or clammy

2. **Call 911 and give naloxone**

   If no reaction in 2-3 minutes, give second naloxone dose in the other nostril.
   (medication comes in two packs)

   This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.

3. **Follow 911 dispatcher instructions**

   Dispatcher may provide instructions for rescue breathing and/or CPR.

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For video instructions, use your phone’s camera to scan the QR code

For more information about accessing naloxone, talk to your pharmacist or provider.