



SAFE OPIOID USE

When are opioids necessary?

Talk to a health care provider...

About exercise, physical therapy, or non-opioid medication, including over the counter or prescription medications that may help to manage pain.

Remember that...

- Opioids should not be used as a first line of treatment for back pain, headaches, or other chronic pain
- There is no evidence for the benefits of long-term opioid use for pain treatment
- The side effects of taking opioids can outweigh the benefits
- Opioids become less effective over time as your body becomes used to them. This can lead to higher doses to get the same pain relief.

Common opioids include...

- Hydromorphone (Dilaudid®)
- Morphine (Kadian®, M-Eslon®, MS-Contin®, Statex®)
- Codeine (Tylenol No. 3®)
- Oxycodone (OxyNeo®, Percocet®)
- Tramadol (Ralivia®, Tridural®, Zytram®)



LEARN MORE:

choosingwiselycanada.org/pamphlet/opioids/