

2. Safely Store Opioids and Dispose of Excess Tablets

- Keep away from pets, kids, family, or friends
- Dispose of unused opioids at pharmacy drop-boxes
- Scan code to view drop-off locations:



3. Consider a Naloxone Rescue Kit to Treat Possible Overdose

- Many NYC pharmacies provide naloxone kits without a prescription
- Scan code to find these pharmacies:



Where Can I Turn for Help?

Vincent P. Dole Institute

- Outpatient methadone maintenance program
- Contact Kim Alexander
kia2001@nyp.org | 212-746-1252

Midtown Center for Treatment

- Outpatient Suboxone treatment program
- Contact Chris Sturiano, PhD
chs2036@med.cornell.edu | 212-764-5178

OASES Provider and Program Search

- Opioid addiction treatment services
- www.oasas.ny.gov/providerdirectory

NYC Buprenorphine Providers

- Behavioral health treatment services
www.findtreatment.samhsa.gov

qps.weill.cornell.edu

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Opioid Safety and Pain Management for Patients

Quality & Patient Safety

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What are Opioids?

Opioids are powerful medications prescribed to relieve pain.



Commonly Prescribed Opioids are:

- Hydrocodone (Vicodin)
- Oxycodone (Percocet, OxyContin)
- Oxymorphone (Opana)
- Hydromorphone (Dilaudid)
- Morphine
- Codeine



Why are Opioids Dangerous?



Side Effects

Opioids may cause sedation, nausea, vomiting, and constipation.

Dependence

Patients may crave opioids after no longer taking the drug.

Addiction

Brain changes may cause patients to develop an irresistible urge to use opioids.

Withdrawal

Stopping opioids abruptly can cause diarrhea, sweating, nervousness, and runny nose.

How Can I Manage Pain?

Try to manage pain without opioids first.

Options Include:

Non-Drug Interventions

- Exercise, physical therapy
- Acupuncture, meditation
- Pain medicine consults



Non-Opioid Medications

- Pain relievers like acetaminophen and NSAIDs
- Other classes of medication that relieve certain types of pain



Goals for Pain Management

1. Improve Function

- Treatment should improve movement and quality of life



2. Reduce Pain

- Easing pain by 20–30% is a realistic and achievable goal



3. Minimize Side Effects

- The benefits of therapy should always outweigh the risks



How Can I Safely Use Opioids?

1. Abide by the Signed Opioid Contract

- Take opioids only as prescribed
- Never share or sell opioids to anyone
- Cooperate with random urine screens
- Schedule periodic follow-up appointments to continue receiving refills

