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

Notice of Nondiscrimination

English
Weill Cornell Medicine complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATTENTION: If you speak [insert language], language assistance services, free of charge, are available to you. Call 1-800-876-3059 (TTY: 1-212-477-0775).

Español (Spanish)
Weill Cornell Medicine cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Русский (Russian)
Weill Cornell Medicine соблюдает применимое федеральное законодательство в области гражданских прав и не допускает дискриминации по признакам расы, цвета кожи, национальной принадлежности, возраста, инвалидности или пола.

Notice of Nondiscrimination

Chinese
Weill Cornell Medicine 遵守适用的聯邦民權法律規定，不因種族、色調、民族血統、年齡、殘障或性別而歧視任何人。若您使用中文，我們可以提供免費的語言翻譯服務。請撥打1-800-876-3059（聽筒：1-212-477-0775）。

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

NYC Buprenorphine Providers
- Behavioral health treatment services
  www.findtreatment.samhsa.gov

Notice of Nondiscrimination

New York City Buprenorphine Providers
- Behavioral health treatment services
  www.findtreatment.samhsa.gov

Notice of Nondiscrimination

New York City Buprenorphine Providers
- Behavioral health treatment services
  www.findtreatment.samhsa.gov

Notice of Nondiscrimination

New York City Buprenorphine Providers
- Behavioral health treatment services
  www.findtreatment.samhsa.gov
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

**Commonly Prescribed Opioids are:**
- Hydrocodone (Vicodin)
- Oxycodone (Percocet, OxyContin)
- Oxymorphone (Opana)
- Hydromorphone (Dilaudid)
- Morphine
- Codeine

What are Opioids?

Opioids are powerful medications prescribed to relieve pain.

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 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

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