

## 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](http://www.oasas.ny.gov/providerdirectory)

### NYC Buprenorphine Providers

- Behavioral health treatment services  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

[qps.weill.cornell.edu](http://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

