2018 Opioid Prescribing Requirements


The new opioid prescribing requirements relate to the treatment of all types of pain and are designed to keep all patients safe. Much of the requirements relating to chronic pain have been in effect since 2011.

Important

- Ask your health care provider questions about alternative treatment options for pain.
- Know your prescription, always follow instructions, and never take more than prescribed. You may refuse an opioid medicine at any time. Your provider must honor this request unless you revoke it.
- Keep yourself and other safe by limiting usage, disposing of all unused opioid medications, and knowing how to recognize the signs of opioid use disorder.
Common types of opioids are oxycodone, hydrocodone, codeine, tramadol, fentanyl, morphine, and methadone. Opioid medications may be prescribed by health care providers to treat moderate to severe pain, but can have side effects and serious health risks, such as tolerance, physical dependence, opioid use disorder, and overdose.

It is important to follow medication instructions when taking opioids and always be honest with your health care provider regarding other medications you may be taking. You should avoid consuming alcohol or operating heavy machinery when taking opioid medications.

### Be informed. Be aware. Never share.

<table>
<thead>
<tr>
<th>What are the risks?</th>
<th>Possible side effects</th>
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</thead>
<tbody>
<tr>
<td>- Opioid use disorder</td>
<td>- Nausea, vomiting, and dry mouth</td>
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<tr>
<td>- Physical dependence</td>
<td>- Constipation</td>
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<tr>
<td>- Falls and accidents</td>
<td>- Sleepiness and dizziness</td>
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<tr>
<td>- Increased sensitivity to pain</td>
<td>- Confusion</td>
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<tr>
<td>- Overdose</td>
<td>- Withdrawal</td>
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</tbody>
</table>

### Risks may be greater with:
- Pregnancy
- History of substance use
- Over the age of 65
- Mental health conditions
- Combining with other medications (example: sleep or anxiety)

### Possible side effects
- Nausea, vomiting, and dry mouth
- Constipation
- Sleepiness and dizziness
- Confusion
- Withdrawal

### Safe storage
- Never share or sell your prescription opioids
- Keep opioid medications locked or in a safe location
- Keep out of reach of children and out of sight from others
- Leave in the original bottle with the label attached

### Proper disposal
You are not required to use all of your opioid medication. To find your nearest take-back location for proper disposal of unused medications, please visit:
- takebackyourmeds.org
- med-project.org
- doh.wa.gov/safemedreturn

### Naloxone
Naloxone is a prescription medicine that briefly helps a person wake up and start breathing again after an opioid overdose. Your healthcare provider may choose to give you a prescription for this drug. For more information see stopoverdose.org