



Patient Information

These may be useful in your practice to communicate current evidence-based clinical guidelines and to educate patients and consumers about safe and effective pain management.

1. CDC Patient Information Resources

- a) **CDC Patient Poster**
https://www.cdc.gov/drugoverdose/pdf/guidelines_patients_poster-a.pdf
- b) **CDC Guideline Information for Patients: Safe, More Effective Pain Management**
<http://www.cdc.gov/drugoverdose/prescribing/resources.html> (see below**)
<http://www.cdc.gov/drugoverdose/prescribing/patients.html>
 - i. About Opioids Screenshot
 - ii. Opioid Prescribing Guideline Screenshot
 - iii. If You Are Prescribed Opioids Screenshot
 - iv. Nonopioid Options
 - v. Help and Resources

2. Choosing Wisely Patient/Consumer Resources

- a) Do you have ongoing pain that is not from cancer or a terminal illness? (2 pages)
(<http://consumerhealthchoices.org/wp-content/uploads/2016/04/ChoosingWiselyOpioids-ER.pdf>)
- b) Choosing Wisely Brochure: Avoid Opioids for Most Long Term Pain (English & Spanish, 4 pages) (<http://consumerhealthchoices.org/wp-content/uploads/2016/05/ChoosingWiselyOpioidsBrochure-ER.pdf>)
- c) Medicines to Relieve Chronic Pain (English & Spanish, 2 pages)
<http://consumerhealthchoices.org/catalog/medicines-relieve-chronic-pain-asa/>
- d) Treating Frequent Headaches with Pain Relievers (English & Spanish, 2 pages)
(<http://www.choosingwisely.org/patient-resources/treating-frequent-headaches-with-pain-relievers/>)
- e) Treating Migraine Headaches (English & Spanish, 2 pages)
(<http://www.choosingwisely.org/patient-resources/treating-migraine-headaches/>)
- f) Back Pain Tests and Treatments (4 pages) (<http://www.choosingwisely.org/patient-resources/back-pain-tests-and-treatments/>)

3. Surgeon General's **Turn the Tide** Patient Information Resources

<http://turnthetiderx.org/for-patients/#>

- a) About Opioids Screenshot
- b) Manage Your Pain Screenshot
- c) Taking Opioids
- d) Safe Storage and Disposal Screenshot
- e) Help Is A Call Away
<http://www.samhsa.gov/find-help/national-helpline>

Opioid use disorder can occur when a patient has a hard time controlling his or her opioid use, which results in significant health or social problems. There are effective treatments for opioid use disorder. If you or someone close to you has an addiction to pain medication, talk to your health care professional or

contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) TREATMENT HELP LINE at (800) 6662-HELP (4357) or visit the [online treatment locators](#).

[SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.]

4. LA County Department of Public Health: Substance Abuse Prevention and Control (SAPC) <http://publichealth.lacounty.gov/sapc/>



**You don't have to
fight addiction alone.**

CLICK [HERE](#) TO FIND A TREATMENT CENTER
OR CALL 888-742-7900

* Open during regular business hours, Monday – Friday. Outside of those hours, leave a message and someone will call you back. When you call, you will need to select the area you live in and then you will be connected to the closest assessment center.

** From Above:

1. CDC Patient Information Resources

b). CDC Guideline Information for Patients: Safe, More Effective Pain Management

<http://www.cdc.gov/drugoverdose/prescribing/resources.html>

What You Need to Know

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW

Prescription opioids can be used to help relieve moderate to severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment that also comes with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose often results in slowed breathing, loss of consciousness, and death. The use of prescription opioids can have a number of side effects as well, such as those listed below.

1 in 4 PEOPLE taking pain relievers may have side effects such as:

- Nausea, vomiting, or constipation
- Dizziness and drowsiness
- Dry mouth
- Constipation
- Headaches
- Loss of appetite
- Blurred vision
- Itching or rash

RISKS ARE GREATER WITH:

- Higher doses of opioids
- Mixing opioids with alcohol, benzodiazepines, or other sedating medications
- Mixing opioids with other pain relievers
- Mixing opioids with other medications
- Mixing opioids with food or drink
- Mixing opioids with other substances

4.3 million people in the United States are taking pain relievers every day.

PRESCRIPTION OPIOID OVERDOSE IS AN EPIDEMIC IN THE US

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PRESCRIPTION OPIOID OVERDOSE IS AN EPIDEMIC IN THE US

[Prescription Opioids: What You Need to Know](#) [PDF - 1 MB]

Opioids and Chronic Pain

PROMOTING SAFER AND MORE EFFECTIVE PAIN MANAGEMENT

UNDERSTANDING PRESCRIPTION OPIOIDS

Prescription opioids are powerful medicines that can be used to relieve moderate to severe pain. They are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment that also comes with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

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PRESCRIPTION OPIOID OVERDOSE IS AN EPIDEMIC IN THE US

[Guideline Factsheet for Patients: Promoting Safer and More Effective Pain Management](#) [PDF - 890 KB]

Pregnancy and Opioids

PREGNANCY AND OPIOID PAIN MEDICATIONS

Women who take opioid pain medications should be aware of the possible risks during pregnancy.

WHAT ARE OPIOID PAIN MEDICATIONS?

Opioid pain medications are prescribed to relieve moderate to severe pain. They are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment that also comes with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

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PRESCRIPTION OPIOID OVERDOSE IS AN EPIDEMIC IN THE US

[Pregnancy and Opioid Pain Medications](#) [PDF - 1 MB]

At-A-Glance

CDC GUIDELINE FOR PRESCRIBING OPIOIDS FOR CHRONIC PAIN

Promoting Patient Care and Safety

THE US OPIOID OVERDOSE EPIDEMIC

The United States is in the midst of an epidemic of prescription opioid overdoses. The amount of opioids prescribed and used in the US quadrupled since 1999, and the reported number of drug overdoses by Americans has tripled. This epidemic is accelerating across the country, by race, and by age.

40 million people in the United States are taking pain relievers every day.

165K people in the United States die from drug overdoses every year.

4.3M people in the United States are taking pain relievers every day.

PRESCRIPTION OPIOIDS HAVE BENEFITS AND RISKS

Many Americans suffer from chronic pain. These patients deserve safe and effective pain management. Prescription opioids can help manage some forms of pain in the short term. However, we must have enough information about the benefits of opioids long term, and we know that there are serious risks of opioid use, especially with long-term use and with high doses and long-term use.

249M people in the United States are taking pain relievers every day.

[CDC Guideline for Prescribing Opioids for Chronic Pain: At a Glance](#) [PDF - 2 MB]

Infographic

WHY GUIDELINES FOR PRIMARY CARE PROVIDERS?

Prescription opioids are powerful medicines that can be used to relieve moderate to severe pain. They are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment that also comes with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

50% of primary care providers report that they do not have enough information to prescribe opioids safely.

2 million people in the United States die from drug overdoses every year.

4.3M people in the United States are taking pain relievers every day.

PRESCRIPTION OPIOID OVERDOSE IS AN EPIDEMIC IN THE US

[Guideline Infographic: Why Guidelines for Primary Care Providers?](#) [PDF - 2 MB]

Infographic

CDC GUIDELINE FOR PRESCRIBING OPIOIDS FOR CHRONIC PAIN

Effective and Responsible Chronic Pain Management

THE EPIDEMIC

CDC cares about the health, safety, and well-being of patients with chronic pain. CDC is committed to ensuring that these patients get the best possible care. There is not enough evidence to show whether opioid use is helping or hurting patients, but it is clear that they have very serious risks and side effects.

4x the amount of opioid prescriptions prescribed since 1999.

UNCHANGED the amount of pain that Americans report every day.

165,000 people have died from overdose since 1999.

2M people in the United States are taking pain relievers every day.

OTHER WAYS TO MANAGE PAIN

Consider ways to manage chronic pain without prescription opioids. Some options may work better and have fewer risks and side effects.

PRESCRIBING GUIDELINE

The Guideline for Prescribing Opioids for Chronic Pain was developed because CDC recognized that providers need better recommendations for prescribing opioids to improve pain management and patient safety. The guideline and accompanying clinical tools help providers and patients.

1 ASSESS the patient's pain and history of opioid use.

2 DISCUSS the risks and benefits of opioids with the patient.

3 CONSIDER other ways to manage pain.

4 MONITOR the patient's pain and opioid use.

5 STOP or reduce the patient's opioid use if the risks outweigh the benefits.

6 STOP or reduce the patient's opioid use if the risks outweigh the benefits.

[Infographic: CDC Guideline for Prescribing Opioids for Chronic Pain](#) [PDF - 939 KB]