

## Ways you can prevent an opioid emergency:

### You should:

- 1) Talk to your pharmacist about HOW and WHY you take your medications
- 2) Keep opioids locked away in the original, labeled package
- 3) Discard old or unused opioids immediately

### It is best not to:

- 1) Take opioids with benzodiazepines like Xanax or Ativan
- 2) Take opioids with muscle relaxants like Soma or Flexeril
- 3) Take opioids with medicines that make you sleepy
- 4) Take opioids in greater amounts than prescribed
- 5) Take opioids more often than prescribed
- 6) Share your medications with anyone
- 7) Use medications that have not been prescribed to you
- 8) Use more than one pharmacy or doctor's office

Following these rules is the best way to prevent accidental or intentional misuse of opioids by patients, children, caregivers, or family members

## Proper disposal of opioids:

The FDA recommends prescription take-back programs or drop boxes to dispose of opioids.

Drop boxes are located in the lobbies of the Randolph County Sheriff's Office and the Asheboro, Randleman, and Archdale Police Departments.

If you cannot use a take-back program or drop box, the FDA recommends opioids be flushed down the toilet. This includes Fentanyl patches.

## Remember:

- We keep first aid kits in case of injury.
- We keep fire extinguishers in case of a fire.
- We keep extra food and water during hurricanes.

No one plans to be involved in an opioid emergency, but we can be prepared and be safe.

Let us help keep you and your family safe. As long as opioids are in your home, get naloxone.



## Your pharmacist is here for you.

At Prevo Drug, we have a dedicated team of pharmacists who can provide you and your family with more information.

**If you have any questions about your opioid prescription or naloxone please contact us and speak to your pharmacist today.**

**Prevo Drug:**  
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# A Conversation About Opioids.

A patient guide to life saving care in the event of an opioid emergency.



## What are Opioids?

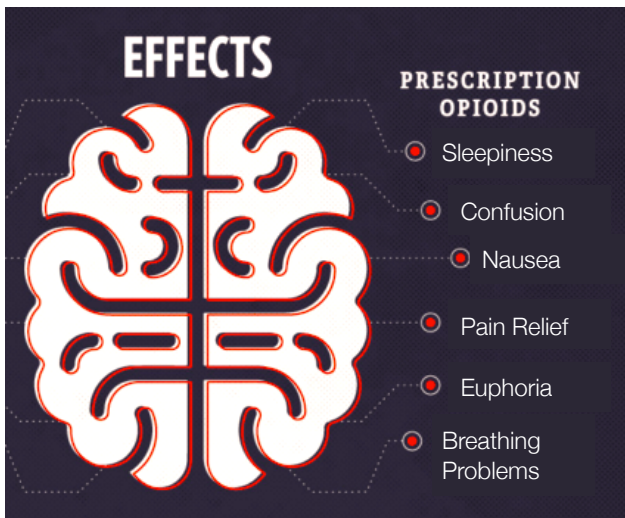
Opioids are a class of medication used to treat pain. They include these common prescription pain killers:

- Hydrocodone
- Oxycodone
- Morphine
- Codeine
- Fentanyl
- Hydromorphone
- Oxymorphone
- Meperidine
- Methadone
- Buprenorphine

Taking opioids can dull the feeling of pain, but they also present many risks and dangers to patients, caregivers, and family members.

**For example:** Opioids block signals in the spinal cord that alert the brain when pain is present. A life threatening side effect of this is called **respiratory depression**. Simply put, taking opioids makes the brain forget to breath. This will cause a person's breathing to slow and even stop in severe instances.

## Other Ways Opioids Effect The Brain



## Just like a seatbelt... naloxone is a lifesaver.

Naloxone is an opioid antagonist that works to restore breathing during an opioid emergency.

It can be given by nasal inhalation or direct injection, and can be effective within minutes.

Naloxone's effect does not last long and should NOT replace emergency medical aid, but naloxone may help prevent death while emergency services arrive.

For more information about naloxone visit: [www.naloxonesaves.org](http://www.naloxonesaves.org)

## Who should keep naloxone on hand?

If you:

- Have children, family, or visitors in your house where opioids are kept.
- Take benzodiazepines, muscle relaxants, sleep aids, or other sedatives.
- Have a lung, heart, kidney, or liver disease as this can affect how your body reacts to opioids.
- Resume opioids after a period of abstinence or have a change in medication or dose.

Also, anyone taking or caring for someone using high dose or long-term opioids, (more than 30 days).

What is considered a high dose opioid?	
10 or more tablets of hydrocodone 5/325mg per day	6 or more tablets of Percocet 5/325mg per day
2 or more tablets of Oxycontin 15mg per day	1 or more patches of fentanyl 12.5mcg/hr per day
2 or more tablets of MS Contin 30mg per day	3 or more tablets of oxymorphone 5mg per day

## How can you get naloxone?

North Carolina has a standing order to allow naloxone nasal spray without a prescription for patients, caregivers, or friends and family of a loved one.

This means naloxone is available directly from the pharmacy.

Other forms of naloxone include injection. Your pharmacist can work with your doctor to get a prescription and even bill your insurance.



Tell your friends and family where your naloxone is stored and how to administer it in case of an emergency.