



Safe use of Prescription Pain Medication

**Take only as directed.
Mistakes or misuse can cause serious
health problems and even death.**

- **Tell your doctor and pharmacist about all other drugs you are taking.**
It may be extremely dangerous to combine pain medications with certain other prescription and over-the-counter drugs. If you have more than one doctor, make sure they know about all the medications you are taking.
- **Do not drink alcohol while you are taking pain medication.**
This can stop your breathing and cause death.
- **Let your doctor know if you have concerns about your pain medication.**
Talk with your doctor if you want to change how much you take, how often you take it, or if you are worried that your use might be out of control.
- **Never take pain medication that is not prescribed for you. Never share your prescription with others.**
It's dangerous and illegal.

Call 911 immediately if you suspect an overdose.

The caller and person overdosing will NOT be charged with drug possession.

Possible signs of overdose from pain medication include:

- Trouble breathing
- Can't wake up
- Confusion
- Blue lips or blue fingernails
- Clammy, cool skin

More serious effects of overdose are:

- Seizure
- Coma
- Death

Keep children and family safe.

Put your pain medication in a place where others can't take it.



Dispose of unwanted medication in a way that protects others and the environment:

- Call your local police department to find a drop off location near you.

If you can't drop off unused medication—and county law permits:

- Throw it away in its original childproof and watertight bottle. Put garbage in the bottle and hide it in the trash.

Do not flush it down the toilet!

For more information

<http://takeasdirected.doh.wa.gov>

<http://stopoverdose.org>

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 1-800-833-6388).