

The Risks

Prescription opioids are powerful drugs that should be taken with extreme caution. Taking too much, or for too long, can lead to:



Dependence: The more you take, the more your body physically depends on it to feel normal. Opioid use disorder can develop in as little as five days of use.



Addiction: Experiencing a pattern of seeking and taking drugs despite negative consequences. This can develop in as little as seven days of use.



Overdose: Opioids slow your breathing which can deprive your brain of oxygen and make your heart stop. This can lead to coma or death anytime you use opioids.

Anyone can become addicted or experience an overdose, even without a history of substance use.

Get More Information

Visit ADoseofTruthIL.com to find out more about how to manage your prescription opioids responsibly.

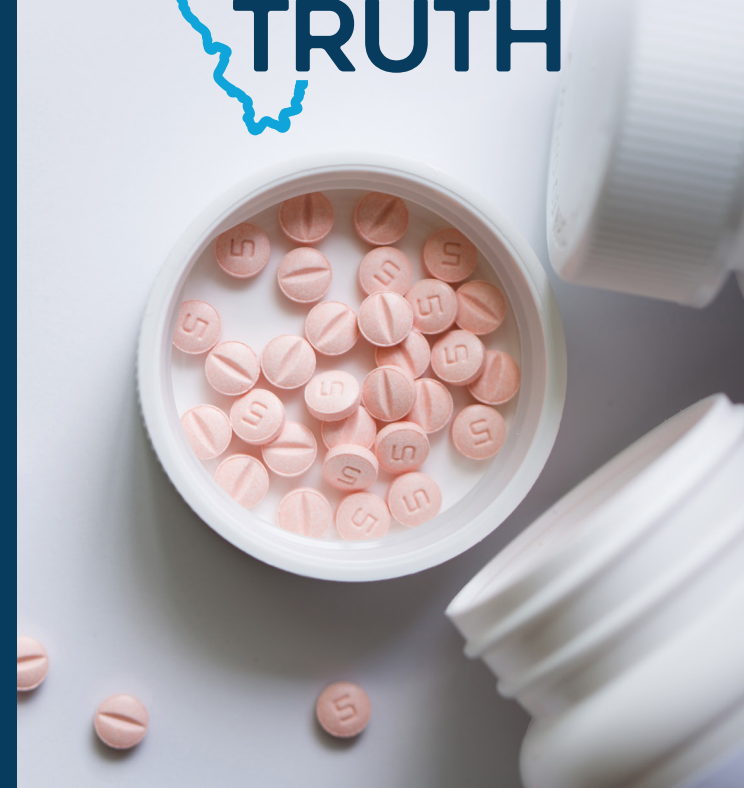
If you or someone you know is struggling with substance use, get free and confidential help here: HelpLineIL.org



Fully funded by the Substance Abuse and Mental Health Services Administration through the Opioid State Targeted Response grant administered by the Illinois Department of Human Services Division of Substance Use Prevention and Recovery (TI-080231).

What to Know About Prescription Opioids

Learn about the facts, risks, and alternatives.



The Basics of Opioids

What Are Opioids?

Opioids are a class of extremely powerful drugs that range from illicit substances, such as heroin and fentanyl, to common prescription pain medications such as:

- Oxycodone
- Hydrocodone
- OxyContin®
- Vicodin®
- Percocet®
- Codeine
- Morphine

What Are They For?

Opioids are prescribed to provide relief for short-term, extreme pain, like after surgery. They're effective at masking the feeling of pain, but they do not heal its source.

What Are They NOT For?

Opioids are not designed for long-term pain management, stress, sleep, depression, or any other kind of emotional or mental pain.

Explore the Alternatives

There are alternative pain management solutions that can actually help heal the source of your pain without the risks that come with prescription opioids.

Options include:

- Non-opioid medication options, both oral and topical, such as acetaminophen and ibuprofen
- Non-medication options such as ice, heat, massage, acupuncture, stretching, yoga, and physical therapy

Talk to your doctor about non-addictive alternatives to choose what's right for you.

Safely Manage Your Prescription

There are easy and important steps you can take to protect yourself and your loved ones:



Limit your use: Stop taking opioids as soon as your pain is manageable. This may be before you finish your prescription.



Don't mix with alcohol: Drinking alcohol while taking prescription opioids can put you at risk for an overdose.



Don't share: A recommended dose for one person could be harmful to another.



Store safely: Store your pills in a safe place such as a locked cabinet to prevent accidentally providing access to friends or family.



Get rid of leftovers: Hanging on to leftover pills can be dangerous. Dispose of them by taking them to a safe drug disposal site near you.

Learn more ways to safely manage your prescription opioids at ADoseofTruthIL.com.