

PATIENT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ PROVIDER: \_\_\_\_\_

# OPIOID CONSENT

Opiates are strong pain relievers that are all related to the opium poppy. Therefore, they are some of the oldest pain relievers that are known to mankind. These medications are more commonly used to treat moderate to severe pain and include Morphine and morphine-like drugs such as methadone, oxycodone, hydrocodone, codeine and tramadol. Generally, these drugs may work well for certain types of pain and are relatively safe when taken as directed by your healthcare provider. Remember, not all pain is relieved by opioids and not all persons that have chronic pain (pain persisting longer than 6 months) should take them. These drugs **may** be prescribed if your pain is moderate to severe and your doctor feels that you are a **good candidate** for taking such medications.

## CAN I BECOME ADDICTED TO OPIOIDS?

You can become addicted to morphine-based drugs. Addiction can be described as taking narcotic medications for the euphoric (high) effect and the desire or craving to take these medications mainly for this effect. The chances of addiction are less likely-but not eliminated-if you've NEVER had an addiction problem of ANY drug, including alcohol or nicotine. If you do take opioid medication chronically, there is a change that over time, your body may get use to your current dose. You may require a dose adjustment to get the right amount of pain relief. This is not addiction. It is your body getting used to the drug. This is called tolerance.

## WHAT IS TOLERANCE?

Tolerance is the need to increase the dosage of a narcotic to obtain the level of pain relief that one once had experienced before. Tolerance is created by many factors, but simply, is your body's adjustment to taking a drug that appears similar to what your body already produces (e.g., endorphins and enkephalins). Unfortunately, if rapid tolerance is observed or if tolerance over time causes your use of large amounts of these medications, you may need to be weaned down and removed from your pain medications.

## DO OPIOIDS HAVE SIDE EFFECTS?

Like many medications, there are side effects associated with taking opioids. Your health care provider can work with you to balance your pain relief and side effects by adjusting how much and when you take these medications.

Your ability to drive or operate machinery may be affected when you start taking opioids or change your dose. You should not change your dose of these medications without speaking to your healthcare provider.

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Side effects with opioids may include: dizziness, anxiety, constipation, nausea, vomiting, or drowsiness. Let your healthcare provider know about any side effects you may experience. Serious side effects may occur with all opioids. These side effects include slowed breathing, lower blood pressure, and reduced health function. Get medical help right away if you experience any of these side effects.

Long-term use of opioid medications can cause decreases in the body's hormonal makeup. With men, this is as a lowering of testosterone levels. This may lower the sexual drive and sexual function/ability. With women, there be loss of menstruation and infertility. There is some concern that these changed caused by taking chronic narcotics may cause permanent and nonreversible changes.

## WHAT ELSE SHOULD I KNOW ABOUT OPIOIDS/NARCOTICS?

- Use these medications ONLY as directed by your health care provider
- Use these medications ONLY for the condition for which is was prescribed
- You should NOT change your dose of your opioid medication without talking to your health care provider
- Do NOT use opioids with alcohol, CBD products, Kratom, etc.**
- Do NOT use opioids with sleeping medication or tranquilizers. Talk to your health care provider if you are taking other medications. If you have a prescription for one of these drugs for future use, tell your health care providers.
- Women who are pregnant or are planning to become pregnant should talk to their health care provider before using opioids.
- Keep out of reach of children. Accidental overdose by a child is dangerous and may result in death
- Opioids can cause physical dependence, or addiction
- Opioids can cause constipation. It is a good idea to take laxatives and/or other bowel aids when you start taking narcotics.
- Opioids can impair your ability to drive a vehicle or operate machinery. We advise you to not operate a motor vehicle while taking opioids. In some states, this is also against the law. Also, do not perform any other possibly dangerous tasks until you know how this will affect you
- Prevent theft and misuse. Opioids are drugs that can be a target for some people to steal. Therefore, keep your pain medication in a safe place to protect it from theft. Selling or giving away this medicine is dangerous and against the law.

## SPECIFIC WARNINGS ABOUT METHADONE (DOLOPHINE)

- Methadone can cause life-threatening heart beat problems that can lead to death. Most of these heartbeat problems have happened in people using large doses of Methadone for pain treatment.
- Breathing problems from methadone may not happen right away after taking a dose. Sometimes breathing problems will happen after you take a dose, even after pain has returned. It is very important to take your Methadone exactly as your doctor has prescribed.

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## DO NOT TAKE OPIOID MEDICATIONS IF:

- Your health care provider did not prescribe these for you
- You are allergic to the specific medicine in the medication
- You have severe asthma or other breathing problems
- You have a bowel obstruction or a blockage of the intestines

## BEFORE TAKING OPIOIDS, TELL YOUR HEALTH CARE PROVIDER ABOUT:

- Trouble breathing or lung problems
- Head injury
- Liver or kidney problems
- Adrenal gland problems, such as Addison's disease
- Convulsions or seizures
- Alcoholism
- Hallucinations or other severe mental problems
- Past or present substance abuse or drug addiction
- Hypotension or low blood pressure
- If you are pregnant or plan to become pregnant. Women who are pregnant or plan to become pregnant should talk to their healthcare provider as some narcotics may harm your unborn baby.
- If you are breastfeeding. Narcotics can be found in breast milk and may cause harm to the baby. You should choose to use a narcotic or to breastfeed, but not both. Discuss this with your health care provider.
- Any and all medicine you take, Include prescriptions and non-prescriptions (over-the-counter) medicines, vitamins, and herbal supplements. Be especially careful about other medicines that may make you sleepy, such as other pain medicine, anti-depressant medicines, sleeping pills, anxiety medicines, antihistamines and tranquilizers. They may cause serious problems when taken together with narcotics, including death. Know the medicines you take and keep a list of them. Show this list to your doctor and pharmacist each time you get a new medicine.

## STOPPING NARCOTICS

- Talk with your health care provider before you stop taking your opioids
- Many of these medications require a gradual tapering or decrease of your dose to prevent side effects.
- Do not stop taking your opioids all at once. Talk with your healthcare provider about how you should stop taking these medications.

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## WHAT YOU SHOULD AVOID WHILE TAKING OPIOIDS

- You should not take opioid/narcotics with alcohol. Taking these medications with alcohol increases the risk of overdose.
- Your ability to drive or operate machinery may be affected when you start taking opioids or change your dose. You should not change your dose of opioids without speaking to your healthcare provider.
- Do not take other medicines without the approval of your health care provider. This includes prescription and non-prescription medicines, vitamins, and supplements. Be especially careful about products that make you sleepy, such as sleeping medications and tranquilizers.

## GET MEDICAL HELP RIGHT AWAY (GO TO ER OR CALL 911) IF:

- Your breathing slows down
- You feel faint, dizzy, confused, or have any other unusual symptoms
- If you take too much of your medication or overdose, call 911 or your local emergency number

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