



IMPORTANT INFORMATION ABOUT YOUR OPIOID PRESCRIPTION

What Are Opioids?	How Can I Safely Take Opioids?	Where Can I Get Help?
<ul style="list-style-type: none"> Opioids are narcotic pain medications used for moderate-to-severe pain, often after surgery or injury. Evidence shows there may be better and safer options for long term pain from back pain, fibromyalgia, and nerve pain other than opioids. 	<ul style="list-style-type: none"> <u>Do not</u> take more tablets or capsules than prescribed by your doctor or more often than prescribed. <u>Do not</u> crush long-acting tablets. <u>Do not</u> share or sell your prescription medication – it can be harmful to others. Store medication in a safe, secure, dry location away from pets, children, family, and visitors. 	<p>IF YOU NEED HELP for substance abuse problems, talk with your primary care provider and call a local resource:</p> <ul style="list-style-type: none"> Coastal Horizons 910-790-0187 Trillium Health 877-685-2415 Wilmington Treatment Center 910-758-2023 New Hanover Mobile Crisis Team 866-437-1821 Narcotics Anonymous www.na.org RHA Health Services 910-632-2191 or visit www.rhabehavioralhealth.org SAMHSA’s National Helpline 1-800-662-HELP or visit https://findtreatment.samhsa.gov/ to find a treatment center near you
<p>What Are the Major Risks of Opioid Use?</p>	<p>Where Do I Get Rid of Unused Opioids?</p>	
<ul style="list-style-type: none"> Opioid use can have a serious risk of addiction and overdose. Overdose is often seen as slow breathing and can cause sudden death. Other risks include tolerance (needing more for the same relief) and dependence (withdrawal when stopped). 	<p>Permanent medication drop boxes are located at: NHRMC Outpatient Pharmacy, NHRMC ED North, Pender Memorial Hospital</p> <p>See our website below or scan the QR code for additional locations in New Hanover and surrounding counties. https://www.nhrmc.org/medication-disposal</p> 	
<p>What Are Some Ways to Help Decrease Major Risk for Overdose?</p>		
<ul style="list-style-type: none"> Avoid alcohol, other opioids, drugs for sleep/anxiety (Xanax, Ativan, Valium, Ambien, etc.), and muscle relaxants (Flexeril, Soma, Skelaxin, etc.) 		

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