

**Common Opioids:** Codeine, Fentanyl,  
Hydrocodone & Methadone

## Tips on Opioid Safety

1. Never take medications that are not prescribed to you.
2. Never change the medication doses on your own.
3. Never mix alcohol with pain medications.
4. It is dangerous to take sleep aids, anti-anxiety medications, or any medications that can make you sleepy while also taking pain medications.
5. Always tell your healthcare provider about all of the medications you are taking.
6. Write down what time you take all of your medications.
7. Keep your medications locked in a safe place.
8. Get rid of any unused medications.
9. Never drive, use heavy machinery or perform activities that require your full attention while taking opioid medications.
10. Taking opioid medications can increase your chances for falls, such as slipping or falling down stairs or a ramp.

## Opioid Induced Constipation

Some pain medications can make you constipated or create stomach pain. You may be constipated if you have a bowel movement less than three times per week, have hard stools, difficulty passing stools, or incomplete relief following a bowel movement .

### How to Help Your Constipation:

1. Drink at least 8 glasses of water every day. If you have kidney disease, heart failure, and other conditions that cause fluid restriction, talk to your doctor and ask how much water is safe for you to drink
2. Walk or exercise at least 30 minutes a day
3. Do not eat foods with a lot of fat, sugar or sodium
4. Use the restroom when you feel the urge



### Call Your Doctor if You Experience:

1. Diarrhea
2. Stomach pain
3. Nausea or vomiting
4. Confusion
5. Less than 3 bowel movements per week
6. Straining to go to the bathroom frequently



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