



UW Medicine

服用阿片类（**Opioid**）药物

何时需要服用阿片类止痛药

此手册提供了有关住院期间服用阿片类止痛药的重要信息

什么是阿片类药物？

阿片类药物是一种可以减少疼痛感传到您的大脑的药物。当其他药物不能控制强烈的疼痛时、可服用阿片类药物类止痛。吗啡（**Morphine**）、氢吗啡酮（**hydromorphone Dilaudid**）和羟考酮就是阿片类药物的类型。您必须有医生处方才能使用阿片类药物。

为什么我需要服用阿片类药物？

如您的医生开了阿片类药物、是因为其他止痛药不足以控制您的疼痛。控制好疼痛会帮助您感到舒适、而使您的身体恢复。

我们不能让您所有的疼痛都消失。除去所有的疼痛也是不安全的。疼痛是您的身体告诉您需要什么的方式。因为有了良好的疼痛控制、您就可以做以下的事情来帮助您的身体恢复：

- 休息与睡眠
- 咳嗽、做深呼吸
- 下床、多走动

我该如何配合治疗疼痛？

- 如您有患者自控镇痛器（PCA）则只有您、患者本人、才能按按钮、这一点很重要。家人和朋友绝对不要帮您按按钮、因为不安全。

如您感到太困倦、或呼吸有困难请告诉护士。阿片类药物可使您的呼吸减慢到足以危及生命。

- 与护士讨论有关您服用阿片类药物的剂量、及最适合您的时间。
- 也采用非药物的疼痛缓解方法、如音乐、冷敷、及冥思。



如您对止痛药有任何疑问、请与医生或护士讨论。

阿片类的药物有副作用吗？

阿片类药物可导致：

- 困倦
- 胃部不适（恶心）
- 发痒
- 便秘
- 无法清晰思考

服用阿片类药物时、我们会经常来查看您。我们会尽可能地来控制任何副作用。为了您的安全、我们可能会在您服用了阿片类药物后经常来叫醒您。

我要服用阿片类药物多久？

1 或 2 天后、大多数新疼痛应开始减轻。这时、就需要减少阿片类药物。

在您出院前：

- 我们会帮助您制定在家中如何减少（**渐减**）以及停止阿片类药物的计划。
- 如对服用阿片类药物有任何担忧或恐惧感、请与您的护士和医生讨论。

回家后：

- 认真遵循阿片类药物计划、以防服用过多。
- 如您太困倦或呼吸困难：
 - **即刻拨打 911**
 - **不要**服用下一次的阿片类药物
- 如您每天服用阿片类药物已持续数周或更久、请**不要**立即完全停止服用。请遵照您在离开医院之前收到的渐减说明。

您有疑问吗？

我们很重视您的提问。如对如何止痛有疑问或顾虑、请致电您的养生或医疗提供者。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

Opioid Use

When you need to take opioid pain medicines

This handout gives important information about taking opioid pain medicines while you are in the hospital.

What is an opioid?

An *opioid* is a drug that reduces the pain messages that reach your brain. Opioids are used to treat strong pain that may not respond to other medicines. Morphine, hydromorphone (Dilaudid), and oxycodone are types of opioids. You must have a doctor's prescription to use opioids.

Why do I need opioids?

If your doctor prescribed an opioid, it means that other pain medicines are not strong enough to control your pain. Controlling your pain will help you be comfortable so that your body can heal.

We cannot make all your pain go away. It is also not safe to get rid of all pain. Pain is how your body tells you what it needs. But with good pain control, you can do these things to help your body heal:

- Rest and sleep
- Cough and breathe deeply
- Get out of bed and move

How can I help manage my pain?

- If you have *patient-controlled analgesia* (PCA), it is important that **only you**, the patient, press the button. Family members and friends should **never** press the button. It is not safe.
- **Tell staff if you feel too sleepy or are having any breathing problems.** Opioids can slow your breathing enough to be life-threatening.



Talk with your doctor or nurse if you have any questions about your pain medicine.

- **Talk with your nurse** about your opioid doses. Ask about the best times for you to take it.
- **Use non-medicine methods** for pain relief, too, like music, cold packs, and meditation.

Are there any side effects from opioids?

Opioids can make you:

- Sleepy
- Sick to your stomach (*nauseated*)
- Itchy
- Constipated
- Unable to think clearly

While you are on opioids, we will check on you often. We will do our best to manage any side effects. For your safety, we may wake you up from time to time after you have a dose of opioid medicine.

How long will I be on opioids?

After 1 or 2 days, most new pain should start to lessen. When that happens, you will need less opioid.

Before you leave the hospital:

- We will help you develop a plan for how to reduce (*taper*) and then stop your opioids once you are home.
- Talk with your nurses and doctors about any concerns or fears you may have about taking opioids.

When you get home:

- Carefully follow your opioid plan so that you do not take too much.
- If you become too sleepy or have breathing problems:
 - Call 911 **right away**.
 - Do **not** take your next dose of opioid.
- If you have been taking opioids every day for several weeks or more, do **not** stop taking them all at once. Use the tapering instructions you received before you left the hospital.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns about managing your pain.

Now, please go back to the Table of Contents of this workbook and check the box so your nurses will know you have read this chapter.