



UW Medicine

安全地服用阿片类药物及疼痛控制

为华大医学的患者撰写

本讲义为正在服用阿片类止痛药的华大医学的患者准备。来解释药物的安全和疼痛控制。

控制疼痛

我们希望帮助您控制疼痛，这样就可以做有助于康复的活动。我们的目标是保证您的安全，防止严重疼痛，并将疼痛控制在较低水平。即使用药物和非药物方法来控制疼痛。

您在愈合时，是会有一些疼痛和不适。大多数人在恢复期间活动时会有轻度到中度的疼痛。

即使是强效止痛药也不能消除所有的疼痛。也请使用非药物方法，如热敷、冷敷或放松来帮助控制疼痛。

止痛药

对乙酰氨基酚和布洛芬

除非另有医嘱，否则在服用处方止痛药之前，需同时服用对乙酰氨基酚（泰诺）和布洛芬（Advil, Motrin）来控制疼痛。请按照药瓶上列出的剂量服用。

阿片类药物

医生可能会开出阿片类药物类的强效止痛药。仅在其他方法无法缓解的剧痛时，才可服用阿片类药物。

在服用阿片类药物之前，请先尝试服用对乙酰氨基酚（泰诺）（Acetaminophen）及布洛芬（Ibuprofen）（Advil, Motrin）。也可以尝试非药物方法来控制疼痛。如尝试这些方法后，疼痛仍然严重，请按处方的剂量来服用阿片类药物。

服用阿片类药物有什么风险？

有些人对服用阿片类药物有顾虑。如有任何疑问，请与医疗服务提供者讨论。



如对止痛药有任何疑问，请与医疗服务提供者或药剂师讨论。



剩余的阿片类药物

您不需要服用所有的阿片类药物。如有剩余的或过期的阿片类药物可以下列方式处理：

- 请在上班时间将药片投到华大医疗中心药房大厅的药物回收箱。
- 请上下列提供的网址，查询离您最近的回收站：
 - takebackyourmeds.org
 - med-project.org
 - doh.wa.gov/safemedreturn

如不能使用回收站的服务，
就请将药片冲入马桶。

患者有权拒绝阿片类药物来止痛。如服用阿片类药物，应该不需要服用很长时间。

以下是服用阿片类药物的一些风险；

- 服用超量
- 对疼痛更敏感
- 产生对药物的依赖性
- 使用阿片类药物而导致的身体障碍
- 跌倒及意外事故

我应该服用多少阿片类药物？

阿片类药物瓶上的标签给出了可以服用的**最大（最高）剂量**。切勿服用**超过最大剂量的药物**。服用过多阿片类药物会导致呼吸停止，甚至会导致死亡。如疼痛得到控制，服用的剂量要**少于最大剂量**。

如在服用阿片类药物，尽量每天减一点量。这叫做**渐进式或断奶式减量**。要做到这一点：

- 每次服用较小的剂量
- 或者，增加每次服药之间的时间

目标是使用其他方法来控制疼痛，例如服用对乙酰氨基酚和布洛芬，这样就不再需要服用阿片类药物。如对减量有任何疑问请致电开处方的医生诊所。

阿片类药物的安全使用

- 服用阿片类药物时**切勿**饮酒。同时使用这两种物质会导致严重的健康问题，甚至死亡。
- **切勿**服用超过规定剂量的阿片类药物。
- **切勿**让其他人使用您的阿片类药物。
- 将阿片类药物存放在安全的地方，即家人、访客、儿童和宠物无法接触到它们。
- 帮助防止阿片类药物的误用和滥用。任何未服用的阿片类药物要安全地处理掉。
- **纳洛酮（Naloxone）**是一种处方药，可暂时逆转阿片类药物过量使用。华盛顿州，可以在任何药房购买纳洛酮（Naloxone），无需处方。

您有疑问吗？

我们很重视您的提问。有疑问或顾虑时，请联系您的护士。

办公时间上午 8 点至下午 4 点：

下班后以及周末和节假日，
请拨打护士分流热线：
206.520.7503。

Opioid Safety and Pain Control

For UW Medicine patients

This handout explains safety and pain control for UW Medicine patients who are taking opioid pain medicine.

Pain Control

We want to help you control your pain so that you can do the activities that will help you recover. Our goals are to keep you safe, prevent severe pain, and keep pain at a lower level. This means using both medicines **and** non-drug methods to manage your pain.

You can expect to have some pain and discomfort while you heal. Most people have mild to moderate pain with activity during recovery.

Even strong pain medicines do not remove all pain. Please also use non-drug methods such as heat, cold, or relaxation to help control pain.

Pain Medicines

Acetaminophen and Ibuprofen

Unless your doctor tells you otherwise, **before** you take prescription pain medicine, take both acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) to control your pain. Follow the doses listed on the bottles.



Opioids

Your doctor may prescribe strong pain medicines called *opioids*. Take opioids **ONLY for severe pain** that is not eased by other methods.

If you have any questions about your pain medicines, talk with your provider or pharmacist.

Before taking opioids, try taking acetaminophen and ibuprofen. Also try non-drug methods to control your pain. If your pain is still severe after trying these methods, take your opioid dose as prescribed.

What are the risks of taking opioids?

Some people have concerns about taking opioids. Talk with your provider if you have any questions.



Unused Opioids

You do **not** need to use all of your opioid medicine. If you have leftover or expired opioid pills:

- Drop them off during business hours at one of the UW Medicine Take-Back Kiosks, located in our pharmacy lobbies.
- Visit these websites to find your nearest take-back site:
 - takebackyourmeds.org
 - med-project.org
 - doh.wa.gov/safemedreturn

If you cannot use a take-back program, flush the pills down the toilet.

Questions?

Your questions are important. Call your nurse if you have questions or concerns.

Weekdays from 8 a.m. to 4 p.m., call your clinic:

After hours and on weekends and holidays, call the Nurse Triage Line: 206.520.7503.

You have the right to refuse opioid treatment. If you do take opioids, you should not need to take them very long.

These are some of the risks of taking opioids:

- Overdose
- More sensitive to pain
- Physical dependence
- Opioid use disorder
- Falls and accidents

How much opioid medicine should I take?

The label on the opioid bottle gives the **maximum** (highest) dose you can take. **Never take more than the maximum dose.** Taking too much opioid can make you stop breathing or can even cause death. If your pain is under control, take **less** than the maximum dose.

If you do take the opioids, try to take less and less of it each day. This is called *tapering* or *weaning*. To do this:

- Take a smaller dose each time;
- Or, increase the time between doses

Your goal is to control your pain with other methods like acetaminophen and ibuprofen, so that you no longer need to take opioids. Call your prescriber's clinic if you have any questions about tapering.

Opioid Safety

- Do **not** drink alcohol while taking opioids. Using both at the same time can cause severe health problems or even death.
- **Never** take more than your prescribed dose of opioids.
- Do **not** let anyone else use your opioids.
- Store your opioids in a secure place, where family, visitors, children, and pets cannot reach them.
- Help prevent opioid misuse and abuse. Safely discard any unused opioids.
- **Naloxone** is a prescription medicine that temporarily reverses an opioid overdose. In Washington state, you can buy naloxone without a prescription from any pharmacy.