

阿片类药物安全与疼痛控制

给华盛顿大学医学中心患者的传单

本手册解释了服用阿片类止痛药的患者安全和疼痛控制问题。

控制疼痛

我们希望帮助您控制疼痛，以便您能够进行有助于康复的活动。我们的目标是保障您的安全，预防剧烈疼痛，并将疼痛程度控制在较低水平。这意味着我们将结合药物和非药物方法来控制您的疼痛。

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。您也可以使用非药物方法，如热敷、冷敷或放松来帮助控制疼痛。



如果您对止痛药有任何疑问，请咨询您的医生或药剂师。

止痛药

医生可能会给您开具强效止痛药，称为阿片类药物。仅在其他方法无效的剧烈疼痛时才可服用阿片类药物。

- 除非医生另有指示，否则在服用处方止痛药之前，请先服用对乙酰氨基酚（泰诺）和布洛芬（芬必得、美林）来控制疼痛。请按照药瓶上的剂量服用。
- 您也可以咨询医生，了解无需药物即可控制疼痛的方法。

如果尝试这些方法后疼痛仍然剧烈，请按照处方服用阿片类药物。

服用阿片类药物有哪些风险？

有些人对服用阿片类药物感到担忧。如果您有任何疑问，请咨询您的医生。您有权拒绝阿片类药物治疗。如果您确实需要服用阿片类药物，通常不需要长期服用。以下是服用阿片类药物的一些风险：

- 过量服用
- 对疼痛更加敏感
- 身体依赖性
- 阿片类药物使用障碍
- 跌倒和意外事故



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我应该服用多少阿片类药物？

阿片类药物瓶身上的标签会标明您可以服用的最大剂量。切勿服用超过最大剂量。服用过量阿片类药物会导致呼吸停止，甚至危及生命。如果您的疼痛得到控制，请服用低于最大剂量的药物。

如果您确实需要服用阿片类药物，请尝试每天减少剂量。这称为逐渐减量或戒断。要做到这一点，您可以每次服用较小的剂量，或者延长两次服药之间的间隔时间。

您的目标是使用其他方法（例如对乙酰氨基酚和布洛芬）来控制疼痛，从而最终不再需要服用阿片类药物。如果您对逐渐减量有任何疑问，请致电您的处方医生诊所。

阿片类药物安全须知

- 服用阿片类药物期间切勿饮酒。同时服用两者会导致严重的健康问题，甚至死亡。
- 切勿服用超过处方剂量的阿片类药物。
- 切勿让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，确保家人、访客、儿童和宠物无法接触到。
- 帮助预防阿片类药物的误用和滥用。安全丢弃任何未使用的阿片类药物。
- 纳洛酮是一种可以暂时逆转阿片类药物过量的药物。在华盛顿州，您可以无需处方在任何药房购买纳洛酮。其他州可能需要处方。

未使用的阿片类药物

您无需用完所有阿片类药物。如果您有剩余或过期的阿片类药物：

- 请在营业时间内将它们送到位于我们药房大厅的华盛顿大学医学中心药品回收亭。
- 请访问以下网站查找离您最近的回收点：
 - takebackyourmeds.org
 - doh.wa.gov/safemedreturn
 - medtakebackwashington.org
- 致电华盛顿州安全药物回收中心：844.482.5322
- 如果您无法使用回收计划，请将药片冲入马桶。

疑虑？

您的疑问很重要。如有任何疑问或担忧，请致电您的医生或医疗保健机构。

工作日上午 8 点至下午 4 点，请致电：_____

非工作时间、周末及节假日，请致电护士分诊热线：
206.520.7503。

Opioid Safety and Pain Control

For UW Medicine patients

This handout explains safety and pain control for 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 ways 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. You can also use non-drug methods such as heat, cold, or relaxation to help control pain.



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

Pain Medicines

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

- Unless your doctor tells you otherwise, take both acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) to control your pain **before** you take prescription pain medicine. Take the doses listed on the bottles.
- You can also ask your provider about ways to control your pain without medication.

If you still have severe pain 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. 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



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digital copy of
this handout.*

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 of it each day. This is called *tapering* or *weaning*. To do this, take a smaller dose each time, or increase the time between your 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 medicine that temporarily reverses an opioid overdose. In Washington state, you can buy naloxone without a prescription from any pharmacy. Other states may require a prescription.

Unused Opioids

You do **not** need to use all 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
 - doh.wa.gov/safemedreturn
 - medtakebackwashington.org
- Call Washington State Safe Medication Return: 844.482.5322
- If you cannot use a take-back program, flush the pills down the toilet.

Questions?

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

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

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