

# Pain is personal.

## Healing is too.



Pain is a part of life. Planning ahead can help you find better ways to heal—without the risks of prescription opioids.

After an injury or surgery, managing pain is important so you can rest and recover. Doctors sometimes prescribe opioid painkillers to help with extreme pain, but your body can become dependent on these drugs in as few as three days.

We have all seen the negative impacts of opioids in our community, and many of us are looking for better ways to heal. It starts with finding out what works.

**During COVID-19, you still have many options for healing and managing pain other than prescription opioids. Talk with your doctor to learn about your options and how to access them.**

### COMMON OPIOID PAINKILLERS:

Codeine

Demerol®  
(Meperidine)

Methadone

Morphine

OxyContin®  
(Oxycodone)

Percocet®

Vicodin®  
(Hydrocodone)



### ASK KEY QUESTIONS

It can be hard to know how to talk to your doctor about pain. Heal Safely has created a simple list of questions (on the other side of this page) that you can bring to your doctor to make sure you get the best pain management approach for you.



### GET SAFER OPTIONS

Many people are surprised to learn how many affordable options there are for managing serious pain—including non-opioid medicines, topical creams, physical therapy and acupuncture. Insurance companies and the Oregon Health Plan cover a variety of options, including appointments online and by phone. The key is to ask.



### FIND MORE RESOURCES

Visit **HealSafely.org** to learn more about safer, non-opioid options for managing short-term pain. You'll also find great resources like a planning tool that you can use together with your doctor to make a plan for safe healing.

# Get the best pain management options for you.

## Step 1: Prepare for your doctor visit

- 1 Is there a friend or family member who can join you for your appointment to help get you the information you need? If your appointment is online or by phone, ask if your provider can send an invitation to your friend or family member. If your appointment is in person, ask if you can call your friend or family member during your appointment.
- 2 Do you have concerns about taking pain medication? Have you had a negative reaction to it in the past?
- 3 What are you currently doing to reduce pain?

## Step 2: Ask your doctor key questions

- 1 Are there over-the-counter options or non-opioid medications to manage my pain and help with healing?
  - 2 Other than taking medication, what are my options for healing and managing pain?
  - 3 Can I have any of my appointments online or by phone?
- What are you doing to protect patients from COVID-19 when we need to come into the office?

**Don't be afraid to keep asking questions until you clearly understand your doctor's instructions. And don't hesitate to call or email them after your appointment if you need more information.**

## Step 3: Questions to ask if you are prescribed pain medicine

- 1 Can I try a non-opioid medication?
- 2 Can I start with the lowest dose and fewest pills?
- 3 Can I stop taking it in three days or less?
- 4 How can I safely get rid of any leftover medication?