Managing chronic pain is a long term process

Be patient

Different pain medications have different risks and benefits

Create a plan with your provider that is right for you

Medications can be a helpful tool for pain, in some situations

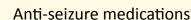


Over-the-counter

medications



Opioid medications







your pain medication



Muscle relaxants





Topical











TYLENOL (Acetaminophen)

- Relieves mild to moderate pain from headache, muscle aches, arthritis, backache, toothaches, colds and fevers.
- Risks: Excess use can cause liver damage.



ASPIRIN, ADVIL, MOTRIN, ALEVE (NSAIDs)

- Relieves mild to moderate pain and reduces inflammation.
- **Risks:** Taking these medications regularly can cause problems with your digestion and increase the risk of bleeding in your stomach.



TOPICAL

- For localized pain.
- Risks: Skin irritation.



ANTI-SEIZURE

- For nerve pain and headaches.
- Risks: Sleepiness, confusion, dizziness.



ANTI-DEPRESSANTS

- Some anti-depressants can help nerve pain and headaches. Treating depression and anxiety can improve pain.
- **Risks:** Sleepiness, dizziness, agitation, confusion, dry mouth, sexual dysfunction.



MUSCLE RELAXANTS

- For short term muscle aches.
- **Risks:** Sleepiness. Can contribute to an overdose if used with opioids.



CANNABIS (Marijuana)

- Used for many different kinds of pain, though evidence is limited.
- **Risks:** Dizziness, confusion, dry mouth, sleepiness, nausea and vomiting.
- Note: Illegal federally and in some states.



Talk to your provider about what pain medications are best for you.

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Opioid Pain Medications: Use and Risks

OPIOIDS – WHAT ARE THEY?

Opioids are strong prescription pain medications used to treat moderate to severe pain, such as after a major injury or major surgery.

> COMMON BRANDS

OxyContin, Vicodin, Codeine, and Percocet

> WHEN ARE OPIOIDS USEFUL?

- Relieves pain from major injuries, typically prescribed for 3 to 7 days
- Relieves pain after major surgeries
- For comfort at end of life

WHAT ARE THE RISKS?

- Less effective over time (tolerance)
- Dependence may occur
- Possible withdrawal symptoms
- Dizziness, sluggishness and confusion
- Constipation and nausea
- Reduced sexual drive and function
- Slowed breathing that can worsen sleep apnea
- May cause overdose or death if taken with other pills or alcohol

Use, Storage and Disposal



HOW TO USE OPIOID PAIN MEDICATION SAFELY

- Take only as prescribed.
- Avoid alcohol, sedatives, and muscle relaxants while taking opioids.
- If you become too sleepy or have breathing problems: Call 911 right away and do not take any more medications, including opioids.
- Your doctor may prescribe Naloxone (Narcan) a drug to reverse accidental overdose.



HOW TO STORE AND DISPOSE OF PAIN MEDICINES SAFELY

- Never let anyone else use your medicine.
- Always store your medicine in a safe place, away from children and pets.
- Don't leave potentially deadly drugs in your medicine cabinet where they can be easily stolen and sold or abused.
- Dispose of all your unused medicine properly.
 See this link for a list of take back locations in Oregon





CLASSES OF PAIN MEDICATIONS – Common Uses and Side Effects

Over-the-Counter Acetaminophen Injenden Tylenol Tylenol moderate pain. For mild to moderate pain. Tylenol: liver damage friests Over-the-Counter Acetaminophen Injenden Tylenol moderate pain. Tylenol: liver damage from the pain and friend friends. Tylenol: liver damage friends. Anti-Seizure Gabapentin Neurontin For nerve pain and feeders; some site pain. Tylenol: liver damage friends. Anti-Seizure Gabapentin Neurontin For nerve pain and feeders; some site pain. Sleepiness, confusion, dizziness, agitation, dizziness, agitation, dizziness, aditation. Anti-Depressants Amitriptyline Elavil For nerve pain and headaches. Sleepiness, dizziness, agitation, dizziness, agitation, dizziness, and discipliness, dizziness, agitation, discipliness, dizziness, agitation, disciplines, disciplines, disciplines, adiation, discipliness, and confusion, dry mouth, sevaled pain. Ceramas, Gels, and Other Lidodeine Lidoderm For localized pain. Sleepiness, dizziness, agitation, discipliness, and discipliness, dizzines, agitation, discipliness, and discipliness, and adichol to depress breathing. Cyclobenzaprine Elevel Lidoderme Elevel Lidoderme Lidoderme Cyclobenzaprine Titzandine Zanaflex Lidoderme Lidoderme					
Acetaminophen Tylenol For mild to moderate pain.	Medication Class	Drug Names	Brand Names	Common Uses	Common Side Effects
Ibuprofen Advil, Motrin Can buy without prescription. Naproxen Aleve Gabapentin Neurontin For nerve pain and Pregabalin Lyrica Puloxetine Elavil For nerve pain and headaches. Duloxetine Cymbalta Treating depression and venlafaxine Effexor Treating depression and anxiety can improve pain. Ocyclobenzaprine Effexor For localized pain. Tizanadine Flexeril Used short term for Tizanadine Robaxin Robaxin THC—can be Too numerous to kinds of pain, though cBD—not mind altering states. Morphine MS Contin, Kadian Hydrocodone Norco, Vicodin Oxycodone Percocet, Oxycontin, Ilke after surgery or acute Hydromorphone Dilaudid tranmatic injury. Evidence is poor for long term use. Buprenorphine Suboxone	Over-the-Counter	Acetaminophen	Tylenol	For mild to moderate pain.	Tylenol: liver damage
Naproxen Aleve For nerve pain and headaches. Gabapentin Neurontin For nerve pain and headaches. Amitriptyline Elavil For nerve pain and headaches. Duloxetine Cymbalta Treating depression and anxiety can improve pain. Venlafaxine Effexor Treating depression and anxiety can improve pain. Voltaren Used short term for muscle aches. Methcarbamol Robaxin Used short term for muscle aches. Methcarbamol Robaxin Used for many different kinds of pain, though research is limited. CBD – not mind states. Lesearch is limited. Altering MS Contin, Kadian Lesearch is limited. Hydrocodone Norco, Vicodin Used for many different with research is limited. Altering Morphine MS Contin, Kadian For severe pain, most user. Hydrocodone Perrocet, Oxycontin, Hydromorphone Dilaudid Evidence is poor for long term use. Methadone Dolophine term use. term use.		Ibuprofen	Advil, Motrin	Can buy without prescription.	Advil/Aleve: stomach ulcers,
Gabapentin Neurontin For nerve pain and headaches. Pregabalin Lyrica For nerve pain and headaches. Dulowetine Cymbalta Treating depression and anxiety can improve pain. Venlafaxine Effexor For localized pain. Lidocaine Lidoderm For localized pain. Diclofenac Voltaren Losed short term for muscle aches. Methcarbamol Robaxin Losed for many different muscle aches. TLC - can be mind altering Too numerous to muscle aches. Losed for many different many different research is limited. Altering Morphine MS Contin, Kadian states. For severe pain, most traumatic in Jimry. Hydrocodone Percocet, Oxycontin, Hydrocodone Percocet, Oxycontin, traumatic in Jimry. Fentanyl Duragesic Evidence is poor for long term use. Buprenorphine Suboxone		Naproxen	Aleve		kidney damage
Pregabalin Lyrica headaches. Amitriptyline Elavil For nerve pain and headaches. Duloxetine Cymbalta Treating depression and anxiety can improve pain. Venlafaxine Effexor Treating depression and anxiety can improve pain. Other Lidocaine Lidoderm Diclofenac Voltaren For localized pain. Cyclobenzaprine Flexeril Used short term for muscle aches. Methcarbamol Robaxin Muscle aches. Methcarbamol Robaxin Used for many different kinds of pain, though research is limited. THC – can be mind altering Too numerous to kinds of pain, though research is limited. Altering Morphine MS Contin, Kadian Hydrocodone Percocet, Oxycodin Ilke after surgery or acute usern sorte benon morphine Methadone Dolophine Evidence is poor for long Buprenorphine Suboxone	Anti-Seizure	Gabapentin	Neurontin	For nerve pain and	Sleepiness, confusion, dizziness
Amitriptyline Elavil Treating depression and Venlafaxine Effexor Treating depression and anxiety can improve pain. 1 Other Lidocaine Lidoderm For localized pain. Diclofenac Voltaren For localized pain. Cyclobenzaprine Flexeril Used short term for Tizanadine Zanaflex muscle aches. Methcarbamol Robaxin Robaxin Robaxin For severe pain, though can altering states. Morphine MS Contin, Kadian Hydrocodone Norco, Vicodin Ilea after surgery or acute traumatic injury. Fentanyl Duragesic Evidence is poor for long Methadone Suboxone Error Suboxone Removed Ferrands.		Pregabalin	Lyrica	headaches.	
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Gels, and Other Lidocaine Lidoderm For localized pain. Relaxants Cyclobenzaprine Flexeril For localized pain. Relaxants Cyclobenzaprine Flexeril Used short term for muscle aches. Methcarbamol Robaxin Muscle aches. Methcarbamol Robaxin Used for many different muscle aches. Morphine Too numerous to mind altering Used for many different muscle aches. Morphine MS Contin, Specific to count, specific to altering Norco, Vicodin Inseptul for short periods, altering Morphine MS Contin, Kadian For severe pain, most useful for short periods, oxycodone Percocet, Oxycontin, like after surgery or acute tranmantic injury. Hydromorphone Dilaudid Evidence is poor for long Methadone Dolophine Evidence is poor for long Buprenorphine Suboxone		Duloxetine	Cymbalta	Treating depression and	confusion, dry mouth, sexual
Gels, and Other Lidocaine Lidoderm For localized pain. Medications Diclofenac Voltaren For localized pain. Relaxants Cyclobenzaprine Flexeril Used short term for muscle aches. Methcarbamol Robaxin Used short term for muscle aches. Methcarbamol Robaxin Used for many different kinds of pain, though research is limited. Saltering Altering States. Altering Morphine MS Contin, Kadian Hydrocodone Norco, Vicodin Used for many different kinds of pain, though research is limited. Aydrocodone Norco, Vicodin Used for many different kinds of pain, though research is limited. Aydrocodone Norco, Vicodin Used for short periods, like after surgery or acute traumatic injury. Fentanyl Dulagesic Evidence is poor for long term use. Methadone Suboxone Evidence is poor for long term use.		Venlafaxine	Effexor	anxiety can improve pain.	aystunction
Relaxants Cyclobenzaprine Flexeril Used short term for muscle aches. Relaxants Cyclobenzaprine Flexeril Used short term for muscle aches. Methcarbamol Robaxin muscle aches. Methcarbamol Robaxin Used for many different kinds of pain, though research is limited. Saltering Morphine MS Contin, Kadian For severe pain, most useful for short periods, like after surgery or acute traumatic injury. Hydromorphone Dilaudid Percocet, Oxycontin, traumatic injury. Evidence is poor for long term use. Methadone Dolophine Evidence is poor for long term use. Buprenorphine Suboxone	Creams, Gels, and Other	Lidocaine	Lidoderm	For localized pain.	Skin irritation
RelaxantsCyclobenzaprineFlexerilUsed short term for muscle aches.TizanadineZanaflexmuscle aches.MethcarbamolRobaxinUsed for many different kind alteringCBD – not mind alteringcount, specific to states.Used for many different kinds of pain, though research is limited.MorphineMS Contin, KadianFor severe pain, most useful for short periods, like after surgery or acute traumatic injury.HydromorphoneDilaudid FentanylEvidence is poor for long term use.BuprenorphineSuboxone	Topical Medications	Diclofenac	Voltaren		
Tizanadine Zanaflex muscle aches. Methcarbamol Robaxin THC – can be Too numerous to mind altering count, specific to altering Morphine MS Contin, Kadian Hydrocodone Norco, Vicodin Hydromorphone Dilaudid Fentanyl Duragesic Evidence is poor for long term use. Methadone Suboxone THC – can be Too numerous to Used for many different kinds of pain, though research is limited. Used for many different kinds of pain, though research is limited. Evidence pain, most useful for short periods, like after surgery or acute traumatic injury. Evidence is poor for long term use.	Muscle Relaxants	Cyclobenzaprine	Flexeril	Used short term for	Sleepiness.
THC – can be Too numerous to mind altering count, specific to states. Morphine MS Contin, Kadian Hydrocodone Norco, Vicodin Hydromorphone Dilaudid Fentanyl Duragesic Evidence is poor for long Nethadone Buprenorphine Suboxone Suboxone Robons Buprenorphine Suboxone Robons Fertanyl Suboxone Suboxone Suboxone Robons Fertanyl Suboxone Suboxone Suboxone Term use.		Tizanadine	Zanaflex	muscle aches.	Can interact with opioids, sedatives
THC – can be Too numerous to mind altering count, specific to states. CBD – not mind altering states. Altering Morphine MS Contin, Kadian Hydrocodone Norco, Vicodin Hydromorphone Dilaudid Fentanyl Duragesic Fentanyl Buprenorphine Suboxone THC – can be Too numerous to Used for many different kinds of pain, though research is limited. For severe pain, most useful for short periods, like after surgery or acute traumatic injury. Evidence is poor for long term use.		Methcarbamol	Robaxin		and alcohol to depress breathing.
MorphineMS Contin, KadianFor severe pain, mostHydrocodoneNorco, Vicodinuseful for short periods,OxycodonePercocet, Oxycontin,like after surgery or acuteHydromorphoneDilaudidtraumatic injury.FentanylDuragesicEvidence is poor for longMethadoneDolophineterm use.BuprenorphineSuboxone	Cannabis	THC – can be mind altering CBD – not mind altering	Too numerous to count, specific to states.	Used for many different kinds of pain, though research is limited.	Dizziness, confusion, dry mouth, sleepiness, nausea and vomiting NOTE: Illegal federally and legal in some states
Hydrocodone Norco, Vicodin Useful for short periods, Oxycodone Percocet, Oxycontin, Hydromorphone Dilaudid traumatic injury. Fentanyl Duragesic Evidence is poor for long term use. Buprenorphine Suboxone	Opioids	Morphine	MS Contin. Kadian	For severe pain, most	Respiratory depression, sleep
hone Dilaudid traumatic injury. Duragesic Evidence is poor for long term use.		Hydrocodone	Norco, Vicodin	useful for short periods,	apnea, dizziness, confusion,
hone Dilaudid traumatic injury. Duragesic Evidence is poor for long term use.		Oxycodone	Percocet, Oxycontin,	like after surgery or acute	sluggishness, vomiting,
Dolophine term use.		Hydromorphone	Dilaudid	traumatic injury.	constipation, sexual dystunction,
Dolophine Suboxone		Fentanyl	Duragesic	Evidence is poor for long	dependence, addiction, death
		Methadone	Dolophine	term use.	
		Buprenorphine	Suboxone		

NOTE: Medication list is not comprehensive. Consult with your provider before using any medications. Oregon Health Authority – Public Health Division www.oregonpainguidance.org