



Nearly 60,000 kids under age 5 go to ERs annually due to poisoning by unsecured medications.¹



Recent studies show that 6 to 19% of opioid naïve individuals persist in use of opioids following surgery beyond a reasonable time period.²⁻⁸

Over 130 people die each day from opioid (narcotic) overdoses.¹⁰

70% of people with opioid abuse disorders have taken other people's drugs.¹¹



Persistent Postoperative Opioid Use has become a common and under-recognized complication of surgical care.²



DID YOU KNOW:

Over 600 million prescriptions go unused each year? These leftover pills lead to addictions, deaths and pollution if not properly discarded.

BUT THERE IS A WAY YOU CAN HELP...

FOLLOW THESE TIPS:

- Opioids should not be the first treatment you try for pain relief. Over the counter pain medicines, ice, physical therapy, massage, etc. are better options.
- If your doctor prescribes an opioid, you should take it for the shortest amount of time possible.
- Do not use opioids for other conditions.
- Do not share the medicine with family or friends.



- Do not drink alcohol or take other medications that can cause drowsiness while taking opioids.
- Overdoses can be accidental. Be sure to talk with your pharmacist about the availability of naloxone.
- Store your opioid in a secure location away from children and teenagers to protect them from poisonings or misuse.
- Dispose of any unused medication as quickly as possible. Your pharmacist can provide a DisposeRx packet for disposal of unused opioids.

Place this postcard on your refrigerator or in your medicine cabinet, and place the DisposeRx packet near your prescription bottle.

Know your risk for opioid addiction

You are at higher risk of developing a dependence or an addiction to opioids if you have

- Current anxiety or depression
- Taking opioids for more than 1 week
- Taking more than one opioid at a time
- Taking more pills or more often than prescribed



- History of mental illness or mental disorder along with concurrent medications
- History of substance use and abuse including alcohol, tobacco, opioid, non-opioids and street drugs

Opioid use, even if prescribed, puts you at risk for dependence, addiction, and overdose. ^{2 & 12}

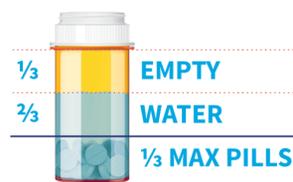
References: see KyANA.org/safe-opioid-use-research-references



Should you have leftover medications, dispose of them with DisposeRx...in less than a minute!

Directions for use

1. Add water until vial is 2/3 full.



2. Empty DisposeRx powder into vial, replace cap and shake for 30 seconds.



3. Safely discard in trash.



How many Opioids were safely destroyed? Please take our anonymous survey.



survey link KyANA.org/safe-opioid-use

References:

1. http://www.cdc.gov/medicationsafety/parents_childrenadversedrugevents.html
2. Brummett CM, Waljee JF, Goesling J, et al. New Persistent Opioid Use After Minor and Major Surgical Procedures in US Adults. *JAMA Surgery*. 2017;152(6):1-9.
3. Harbaugh CM, Lee JS, Hsou Mei Hu, et al. Persistent Opioid Use Among Pediatric Patients After Surgery. *Pediatrics*. 2018;141(1):1-9.
4. Lee JS-J, Hu HM, Edelman AL, et al. New Persistent Opioid Use Among Patients With Cancer After Curative-Intent Surgery. *Journal of Clinical Oncology*. 2017;35(36):4042-4053
5. Goesling J, Moser SE, Zaidi B, et al. Trends and predictors of opioid use after total knee and total hip arthroplasty. *Pain*. 2016;157(6):1259-1265.
6. Johnson SP, Chung KC, Zhong L, et al. Risk of Prolonged Opioid Use Among Opioid-Naïve Patients Following Common Hand Surgery Procedures. *The Journal Of Hand Surgery*. 2016;41(10):947-957.e3.
7. Deyo RA, Hallvik SE, Hildebran C, et al. use of prescription opioids before and after an operation for chronic pain (lumbar fusion surgery). *Pain*. 2018;159(6):1147-1154.
8. Marcusa DP, Mann RA, Cron DC, et al. Prescription Opioid Use among Opioid-Naive Women Undergoing Immediate Breast Reconstruction. *Plastic And Reconstructive Surgery*. 2017;140(6):1081-1090.
9. Edwards JM, Dollar SD, Young T, Brockopp D. The Role of an Acute Pain Service in Preventing Persistent Postoperative Opioid Use. *The Journal of Nursing Administration*. In press.
10. Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics. 2018. <http://wonder.cdc.gov>. Accessed August 8, 2019.
11. <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>
12. Klimas J, Gorfinkel L, Fairbairn N, et al. Strategies to identify patient risks of prescription opioid addiction when initiating opioids for pain: A systematic review. *JAMA network open*. 2019;2(5):e193365-e193365.