



Puyallup Tribal Health Authority
2209 East 32nd Street • Tacoma, WA 98404
Phone: (253) 593-0232 • www.eptha.com
A Tax Exempt, Non-Profit Organization

Medication Information: Opioid (Narcotic) pain relievers

I understand that Opioid (Narcotic) medications:

- Provide temporary relieve of pain and are not a cure for what is causing the pain.
- Side effects may be nausea, vomiting, dizziness, drowsiness, euphoria, constipation, or urinary retention.
- Can make it difficult to concentrate, drive or operate machinery.
- Can increase sensitivity to pain with prolonged use.
- Do not need to be on-going. At any time, discontinuation (stopping) or reducing is an option.
- Have risks that include overdose and even death, especially if taken with alcohol or sedating medicines like Benzodiazepines (diazepam, alprazolam, lorazepam, triazolam).
- Have the risk of tolerance, dependence, or addiction. Past or current substance use disorders (alcohol or other street drugs) increase this risk.
- Have additional risk for people: over 65 years old, have lung disease (COPD, sleep apnea), or pregnant.

I understand:

- Opioids are part of a therapy plan which may include regular follow up appointments or referral out for further evaluation or care. Appointments may be as often as each month.
- To avoid excessive alcohol use or street drugs that are harmful to the goals of therapy and wellness.
- To expect screening with urine tests, blood tests, or by answering questionnaires.
- To keep all medications safe and secure by keeping the medication in the original labeled prescription bottle, out of children's reach, out of sight, and locked up.
- To never share or sell or buy prescriptions from others.
- When my medical condition is resolved, discard or destroy any unused or unneeded medications. Places include law enforcement, pharmacy or at places listed on websites: takebackyourmeds.org, med-project.org, or doh.wa.gov/safemedreturn.

Clinic Medication Policy:

- Lost or stolen Opioid (Narcotic) prescriptions will not be replaced.
- Allow 72 hours for processing of medication refill requests.
- Medications may be delayed, reduced, or stopped if appointments or referrals are not completed.
- Medications may be stopped if there is evidence of selling, sharing, or unlawful purchase.
- When appropriate, ongoing use of Opioid medications will be established with one Provider.

Non-Medication Options for pain include:

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| <input type="checkbox"/> Cold and Heat therapy (ice packs/hot packs) | <input type="checkbox"/> Massage, Chiropractic, or Physical therapy (referral out) |
| <input type="checkbox"/> Exercise therapy (self-guided or with PTHA trainer) | <input type="checkbox"/> Transcutaneous electric nerve stimulation (TENS unit) |
| <input type="checkbox"/> Osteopathic Manipulative Treatment (PTHA provider) | <input type="checkbox"/> Sleep Hygiene (online classes) |
| <input type="checkbox"/> Acupuncture (soon with PTHA Provider) | <input type="checkbox"/> Mindfulness or Meditation (online classes) |
| <input type="checkbox"/> Trigger point or joint injections (PTHA Provider) | |
| <input type="checkbox"/> Behavioral Health counseling | |

There is a risk of overdose and even death at any dosage.

Ask to have and be shown how to use an emergency reversal kit with Narcan (Naloxone).