

Eight Opioid Safety Principles

for Patients and Caregivers

1. Never take an opioid pain medication that is **not prescribed** to you.
2. Never adjust **your own doses**.
3. Never mix with **alcohol**.
4. Taking **sleep aids** or **anti-anxiety medications** together with opioid pain medication can be dangerous.
5. **Always tell** your healthcare provider about all medications you are taking from any source.
6. Keep track of **when** you take all medications.
7. Keep your medications **locked** in a safe place.
8. **Dispose** of any unused medications.



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