

# Pain Medicine

Pain medicines help relieve pain from many health problems, such as surgery, injury, migraines or pinched nerves. You often need a prescription from your provider to buy this type of medicine. It is illegal to use prescription pain medicine without a prescription. Pain medicine abuse is just as dangerous as other illegal drug abuse. Abuse often occurs with oxycodone (Oxycontin®, Percocet®) and hydrocodone (Vicodin®).

## How can pain medicine affect your health?

- You can feel a rush of good feeling when you first take the pill.
- You may throw up.
- It can cause constipation (trouble having a bowel movement).
- It can slow or stop your breathing.
- It can put you in a coma and you may not wake up.
- You can overdose (take too many pills at one time or combine with alcohol intake). Your skin may be cold and sweaty and your body may shake. It can cause death.

## What are signs of pain medicine abuse and addiction?

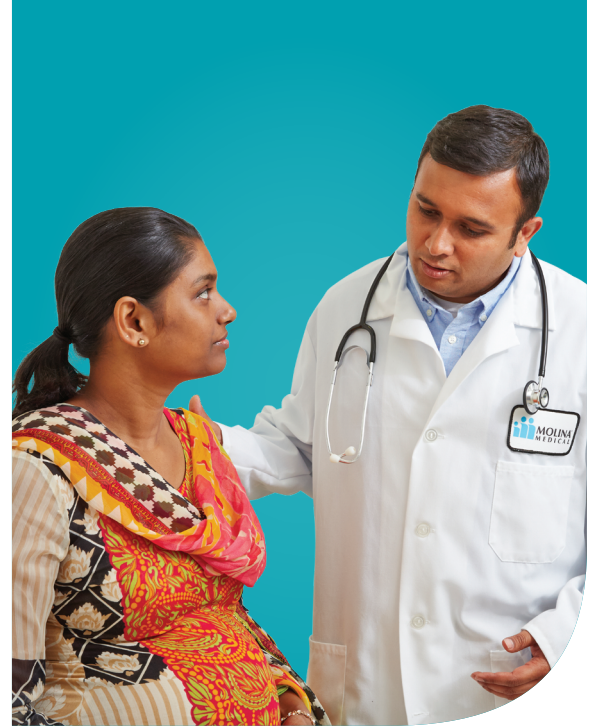
- Your pupils (the black circle in the center of your eyes) get very small.
- Pain medicine is very addictive. If you usually swallow pain medicine, you might start to smoke, snort or inject it to get a stronger, quicker high.

## Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English and other languages: (888) 275-8750 Español: (866) 648-3537 TTY/TDD: 711

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- You may visit many providers to get the same pain medicine prescription.
- When you try to quit taking pain medicine, you might:
  - Feel pain in your muscles and bones
  - Have diarrhea (a loose or liquid bowel movement)
  - Get chills or throw up
  - Get really tired and have trouble sleeping
  - Feel angry or nervous
  - Feel a strong need to take the medicine, sometimes years after you recover

**Call your provider if you think you suffer from pain medicine abuse. You can recover!**

## Self-Help:

**Narcotics Anonymous:** <https://www.na.org>  
**National Drug and Alcohol Treatment Hotline:** (800) 662-HELP