



Opioid Use Disorder

Patient Education Resource

Facts

- + People can develop opioid use disorder with any opioid, even those prescribed for pain.
- + You are at risk of opioid use disorder if you take prescription opioid medications, such as hydrocodone, oxycodone, morphine, fentanyl, codeine, tramadol, or hydromorphone, or if you use heroin.
- + Opioids are not usually a safe or effective therapy for the long-term management of pain.
- + Opioid use disorder develops over time and is not a choice or weakness; it's a brain **disease that needs treatment**, just like other diseases like diabetes and high blood pressure.
- + Signs of opioid use disorder include:
 - + Cravings
 - + Difficulty with work, relationships, and activities
 - + Trouble controlling drug use, **even when it causes harm**
- + People with opioid use disorder can **recover and live meaningful, productive lives**.
- + There are multiple **medication choices that can treat opioid use disorder**, including buprenorphine, methadone, and naltrexone.

Talking to Your Clinician

- + Ask if there are safer ways to manage your pain.
- + Your clinician should **regularly screen you for opioid use disorder**; this is a normal and expected part of your health care plan that keeps you safe and healthy.
- + If you think you might be dependent on your opioid medication or have an opioid use disorder, ask your clinician about **treatment options**.
- + Opioid use disorder is a disease — don't feel guilty or ashamed to ask for help!

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Developed in collaboration with Stader Opioid Consultants.