

# MAKE SURE YOU'RE INFORMED ABOUT PRESCRIPTION OPIOIDS

## Understanding the side effects of prescription opioids.

Even when used as directed, prescription painkillers come with plenty of side effects. Here are a few of the more common side effects that you should know about:

- Tolerance: you might need to take more of the medication for the same pain relief
- Increased sensitivity to pain
- Nausea
- Constipation
- Depression
- Lower levels of testosterone, which can result in low sex drive, energy, and strength
- Itching and sweating

## Know the risks. Know your options. Talk to your doctor about pain management.

There are legitimate medical uses for opioids: broken bones, cancer, end of life care. But opioids are addictive and powerful, and carry risk of misuse and accidental overdose.

Some studies have shown that medications like Tylenol can work just as well as, if not better than, opioids to manage pain.

Opioids can be safe and effective when appropriately prescribed. But they're not right for everyone. If your doctor has prescribed you an opioid, be sure to ask plenty of questions and inquire about side effects.

**To get more facts about opioids and addiction, visit [shatterproof.org](https://www.shatterproof.org).**