

# **Eight Opioid Safety Principles for Patients and Caregivers<sup>©</sup>**

- 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**