Resources

If You See Signs or Symptoms of Overdose Call 911 and/or Contact:
Rocky Mountain Poison Center
1 (800) 222-1222
www.rmpdc.org

If You See Signs or Symptoms of Dependency or Addiction Contact:
The doctor who prescribes your opioid medication
Department of Health & Human Services
Chemical Dependency Bureau
(406) 444-3964
www.dphhs.mt.gov
or directly to

Assistance with Return to Work:
Stay at Work/Return to Work Program
(406) 444-1752
Email: sawrtwrquest@mt.gov

Opioid Dependency - Is Not Addiction
Opioids may naturally cause physical dependency (tolerance & withdrawal)

Tolerance
Higher and higher doses of opioids are required over time in order to achieve the same effect.

Withdrawal
Negative physical and mental side effects occur after extended use of a drug is reduced abruptly or stopped.

Your Health Matters
Learn About Opioid Dependency
Montana Department of Labor and Industry
(406) 444-6543
Email: dliquestions@mt.gov
P.O. Box 1728
Helena, MT 59624-1728

Every 19 minutes someone dies of prescription drug overdose in America
-CNN “Deadly Dose” Documentary

More Americans die of prescription drug overdose than on the highways each year
-US Centers of Disease Control

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CAUTION:
A person who at first only seems to be overmedicated may get much worse. They should be kept awake and watched closely. Call 911.

Symptoms of Withdrawal

Physical Symptoms:
Tremors, abdominal pain, chills, perspiration, nausea, vomiting, diarrhea, flu-like symptoms, restless legs and rapid heartbeat.

Mental Symptoms:
Cravings for opioids, malaise, anxiety/panic attacks, paranoid thinking, dizziness, difficulty sleeping, and depression.

Serious Symptoms:
Cardiac arrhythmias, strokes, seizures, dehydration and suicide attempts.

Am I Dependent?

- Do you feel a strong need to take your opioid medication?
- Do you have difficulty controlling your use of opioid medication?
- Do you experience tremors, anxiety or other withdrawal symptoms when reducing your medication?
- Do you have to take more medication to ease the pain?
- Do you neglect food, hygiene or health care?
- Do you want to continue using your medication despite clear evidence of problems it is causing you?

Score: ____ / 6

* If you answered “yes” to three or more of these statements, you may have opioid dependence and be at risk for addiction.

Why It Matters?

More Montanans die from prescription drug overdose than traffic crashes
-MT DOJ, Forensic Science Division, 2011

Opioid dependency puts you at risk for:

- Death
- Nausea
- Constipation
- Sedation
- Fatigue

- Mental Confusion
- Difficulty Breathing
- Drowsiness
- Itching

Remember...

- Never take an opioid pain reliever unless it is prescribed for you
- Always take opioids as directed
- Do not use opioids with alcohol or other drugs or medicines
- Protect and lock up your opioids in a safe place, and properly dispose of leftover medicine
- Never share opioids with another person
- Be prepared for opioid emergencies
- Contact your doctor with any questions

Be on the Alert for...

Opioid Overmedication or Overdose

- Intoxicated behavior – confusion, slurred speech, stumbling
- Feeling dizzy, faint or drowsy
- Shortness of breath, slow or light breathing, or stopped breathing
- Unusual snoring, gasping, or snorting during sleep
- Difficulty waking up from sleep and becoming alert or staying awake
- Slow, unusual or stopped heartbeat

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