

Pain Management

How to MANAGE PAIN without OPIOIDS

Pain is one of the leading reasons for primary care visits in the U.S. Therapies that rely on non-opioid medications are an essential part of pain management. Work with your doctor to determine the best treatment plan.

Non-medication pain management

Many people find pain relief with these non-drug treatments. They can be used alone or in combination with medications:

- Regular exercise and stretching
- Cognitive behavioral therapy and mindfulness
- Physical therapy
- Massage therapy
- Acupuncture
- Chiropractic adjustments



Non-opioid medication options

There are many non-opioid medications, available either over-the-counter or as a prescription, that can provide adequate pain relief in many conditions. Always following the package instructions carefully for total daily dose.

Over-the-counter treatments

Discuss options with your pharmacist. They can help you determine a course of action based on your individual medical situation.

- Acetaminophen (Tylenol)
- Aspirin
- Ibuprofen (Advil, Motrin)
- Topical analgesics (Aspercreme, Bengay, Icy Hot)

Discuss options for non-opioid prescription pain management with your doctor.

Visit i-cash.org for additional resources

Medication Management

How to SAFELY STORE and DISPOSE of MEDICATIONS

Sometimes prescription opioid pain medications are needed. Proper management of all prescription medications is essential to reduce the risk of non-medical use, accidental ingestion, and environmental contamination during disposal.

Store all medications securely, in a cool, dry location out of sight and away from children

- Be aware that theft and abuse of prescription medications is a serious problem.
- Keep medication in its original container and keep the lid tightly closed.
- **Always keep medications in a safe, secure, and preferably locked location, not in a medicine cabinet or in the bathroom.**
- Take an inventory of the medicines in your home every six months, and discard expired medications.



Dispose of all unused medications

- Dispose of opioid and other medications as soon as they are no longer needed, even if you have some left over.
- It's not safe to throw prescription drugs directly into the trash. Follow disposal instructions on the drug label or patient information that came with the medication, or use one of the methods listed below:
 - A drug take-back program through your local government's household trash service, area pharmacy, or sheriff's department.
 - An at-home drug disposal system that includes activated charcoal to neutralize drugs and make them safe to throw away.
- Remove the label and/or scratch off all personal information before container disposal.

Visit i-cash.org for additional resources