Eight Opioid Safety Principles for Patients and Caregivers

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