



Opioids

Opioids are sometimes used in combination with other drugs to relieve pain. Opioids can be

addictive, so carefully follow your doctor's directions. These drugs may cause drowsiness so do not drive when taking them.

Some common products: codeine (e.g. *Tylenol #3*), tramadol (e.g. *Ultracet*), oxycodone (e.g. *Percocet*), and hydrocodone (e.g. *Vicodin*).

Side effects may include constipation, dizziness, drowsiness, nausea, difficulty urinating, rash, dry mouth.

Take this medicine with a full glass of water. To reduce constipation, eat fiber-rich foods, such as vegetables, beans, and whole grains. A stool softener may help as well.

Tell your doctor if you:

- ✓ have side effects such as mental changes or difficulty breathing,
- ✓ are allergic to any drugs,
- ✓ are taking other medications or alcohol.