

PROTECTING LIVES WITH SAFER OPIOID PRESCRIBING



Problem: Opioid overdose & abuse

Solution: Safe prescribing practices

Problem:
Too many prescriptions



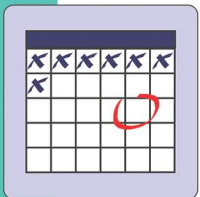
In 2016, the amount of opioids prescribed was enough for every American to be medicated **around the clock for 3 weeks.**

Solution:
Fewer prescriptions

Opioids will be prescribed **only** when benefits outweigh risks. Nonopioid options to consider:

- Pain relievers ibuprofen and naproxen
- Physical therapy and exercise
- Cognitive behavioral therapy

Problem:
Too many days



Even at low doses, taking an opioid for more than 3 months increases the risk of addiction by **15 times.**

Solution:
Fewer days

For pain after injury or infection, prescriptions should only be for the expected duration of pain severe enough to need opioids. **Three days or less** is often enough; more than seven days is rarely needed.

Problem:
Too high a dose or potency



Too many patients in the U.S. are receiving high or ultra-high daily doses of opioids; or have been prescribed the most potent opioids (such as hydromorphone, morphine, fentanyl, oxycodone).

Solution:
Lower doses, less potent opioids

Prescribe the lowest effective dose of immediate-release opioids when starting, and reassess benefits and risks when considering dose.