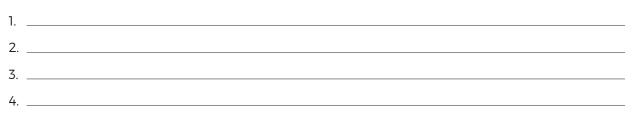


# TALKING TO YOUR HEALTHCARE PROVIDER

## My symptoms (and how long you've had them):



#### My health questions:



#### My medication questions:

If you are prescribed a medicine, ask a doctor, nurse, or pharmacist:

- 1. What is this medicine for?
- 2. Is it an opioid?
- 3. How much should I take and how often?
- 4. How long will I be on this medicine?
- 5. What are the risks and side effects?
- 6. Does it interact with any of my other medicines?
- 7. Does it interact with alcohol?

8.	
9.	
10.	

### Alternatives to prescription opioids (painkillers) for pain:

If your healthcare provider prescribes an opioid for pain, ask if there are ways to manage your pain that don't involve prescription opioids:

- Could physical therapy or exercise help?
- Could taking pain relievers such as acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®), and naproxen (Aleve®) help?
- Could taking other types of medicine (such as some used for depression or seizures that can also treat pain) help?
- · Could talking to a counselor or therapist about ways to reduce pain or stress help?

