

What to Expect When You Go Home

It is important to be aware of signs of a problem with your narcotic dose after you go home from a stay at the hospital or an appointment with your doctor.

Be sure you understand the plan for pain control before you go home. If you need narcotics for more than a few weeks, it is important to work closely with your doctor on a plan for longer term pain control. Talk to your healthcare professional about how to safely wean off narcotics.

This medicine was prescribed for you. Never share your narcotic medicine with anyone else. It is against the law to share narcotics with others. Take any unused narcotics to a drug disposal box closest to your home. To find the nearest disposal box, visit rxdrugdropbox.org.

Please dispose of your unused or expired medications safely.

Medication drop box sites:

City of Columbus Police Dept.
159 S. Ludington St., Columbus, (920) 623-5919

City of Portage Police Dept.
117 West Pleasant St., Portage, (608) 742-2174

Columbia Co. Law Enforcement Center
711 East Cook St., Portage, (608) 742-4166

City of Lodi Police Dept.
113 South Main St., Lodi, (608) 592-5401

Cambridge Police Department
200 South Spring Street, Cambridge, (608) 423-4328

Madison Police East District
809 South Thompson Drive, Madison, (608) 266-4887
Available 8 a.m. - 4 p.m. Monday-Friday

Deerfield Police Department
7 West Deerfield Street, Deerfield, (608) 764-5626

Sun Prairie Police Department
300 E. Main Street, Sun Prairie, (608) 837-7336

Waunakee Police Department
205 N. Klein Drive, Waunakee, (608) 849 4523
Available 8 a.m. - 6 p.m. Monday-Friday

For more information regarding Project C.L.E.A.N. visit www.PrairieRidge.Health or call the Prairie Ridge Health at **920.623.1222**.

Safe
Use
Project
C.L.E.A.N.
*Community Leaders Eliminating
the Abuse of Narcotics*
Not
Abuse

What is Project C.L.E.A.N.?

Project C.L.E.A.N. is a partnership between local community leaders (healthcare professionals, law enforcement, school officials and community members) to enhance awareness and understanding of narcotic use and abuse. This is accomplished through community education seminars that encourage open conversations about the safe use of narcotics.

A narcotic is a drug (such as opium or morphine) that in moderate doses dulls the senses, relieves pain, and induces sleep but in excessive doses can cause stupor, coma, convulsions and even death. Narcotic medicines are often prescribed by health care professionals to treat pain. These medicines may be needed while you are in the hospital and also after you go home.

Patients, family members and other caregivers can play an important role in the safe use of these medicines by becoming better informed. The information in this brochure will review some important safety information about narcotics.

Narcotics are an Important Responsibility

Treatment of pain is an important part of the healing process. Talk to your healthcare professional about your short and long term pain goals. Many people have used narcotics without any problems. However, serious problems, including overdose and addiction, have happened. It is important to use the lowest possible dose for the shortest possible time and to listen to your body and be aware of signs you are taking too much narcotic. Some people are more sensitive to the side effects of narcotics. These people may need a lower starting dose or more careful monitoring. There is a fine balance between effective pain control and dangerous side effects. The goal is to find a safe balance between pain control and side effects. It's important to tell your healthcare team about any health conditions that could increase your risk.

Who is High Risk?

- You may be at a higher risk of dangerous side effects if:
 - You are older (age greater than 65)
 - You have certain health conditions, for example:
 - Sleep apnea*
 - Lung disease (e.g., asthma, COPD)*
 - Kidney or liver problems*
- You are already taking other narcotics and/or alcohol
- You are taking medicine for anxiety or to help you sleep
- You have never taken narcotics before
- You have had a bad reaction to a narcotic before

When Should I Contact my Healthcare Team?

Signs that the dose of a narcotic is too high:

- Severe dizziness
- Altered thought process
- Inability to stay awake
- Hallucinations
- Heavy or unusual snoring
- Slow breathing rate

Do not take any more narcotics and contact your healthcare team right away.

*Reference drugabuse.gov

A fine balance between effective pain control and dangerous side effects