## Medication Change Schedule: Opioids

Patient's Name: .	
Date:	

Your health care provider has talked with you about changes to your medicine. The amount of medicine you take is called a dose. Taking less medicine over time is called tapering. Your medicine will be tapered until you reach your new dose or until you do not take your medicine anymore. Use the schedule below to make this change safely. Your health care provider will fill it out with you.

My medicine is:			
Start Date	End Date	How much medicine should I take?	When should I take this medicine?

## Follow this chart to take your opioid safely.

Bring the chart to every appointment. If you have questions about your medication, please call your health care provider.

When you take an opioid, unwanted things may happen. These are called side effects.

## Call your health care provider if the following side effects last for more than one week:

- Feeling dizzy
- Feeling sleepy
- Nausea
- Headaches
- Feeling grouchy
- Trouble concentrating

## Call 911 or go to the nearest hospital immediately if you:

- Have chest pain
- Have trouble breathing
- Overdose
- Have a seizure
- Pass out
- Have sudden trouble seeing or hearing

Your health care provider's phone number is:

For help finding substance abuse or mental health care in your area, please call **800-662-HELP (4357).** 

