

QUESTIONS TO ASK YOUR DOCTOR

Why was I prescribed opioids?

- Were opioids prescribed to me automatically?
- Are there non-opioid options for effective pain management?
- If opioids are the best option to treat my moderate to severe pain, how long should I take them?



What are the associated risks?

- Will people judge me for taking opioids?
- Can I become addicted or overdose?
- Will I be able to manage my pain if I stop taking opioids?

Are there considerations for my quality of life?

Am I suffering from common opioid side effects?

- Severe constipation
- Mental fogginess
- Itchiness
- Nausea
- Depression

Can I try other options for pain?

Could I be helped by alternative treatments such as:

- Physical Therapy
- Injections or nerve blocks
- Massage or acupuncture
- Meditation, deep breathing, relaxation
- Surgical interventions
- Talk therapy (e.g. Cognitive Behavioral Therapy)



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WHILE EFFECTIVE FOR PAIN MANAGEMENT, OPIOIDS CAN BE HIGHLY ADDICTIVE AND POSE A SERIOUS RISK FOR DEPENDENCY.

Ask Questions

If you don't understand something, make sure it is clarified. It's best to keep a running list of any questions you have for your doctor.

Prioritize Safety

Remember to never take more than you are prescribed and always store your medicine in a safe and secure place.

Request a visit from a certified Life Care Specialist

CWC Alliance's Life Care Specialist serves as your personalized Care Coach offering an array of services to support you on your pain management journey:



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