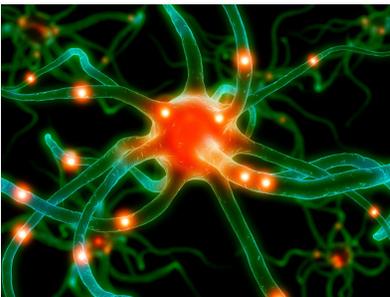


## OTHER TREATMENT OPTIONS

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1. Medications like **Acetaminophen** (Tylenol), **Ibuprofen** (Advil, Motrin), and **Naproxen** (Aleve) can be very effective at treating pain.
2. **Anti-depressant medicines** can decrease pain.
3. Though it may be difficult to think about exercise when you are in pain, **exercise** is highly beneficial. It can improve both the pain you are feeling and your overall activity level.
4. As mentioned earlier, pain has an impact on the physical and psychological parts of your life. **Treatment addressing both physical and psychological issues** is more effective at treating pain than medication alone.
5. **Acupuncture and chiropractic manipulation** are likely to have a beneficial effect on back pain as well.



## IMPORTANT QUESTIONS FOR YOUR DOCTOR

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1. If I need a refill of my medication and you are unavailable, what will we do?
2. If my pain becomes difficult to control on the prescribed dose, what should I do?
3. What happens if I break the contract?
4. What happens if you break the contract?
5. What will we do if these medicines do not help?

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## HOW TO MAKE YOUR OPIOID CONTRACT WORK FOR YOU

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# WINNING THE WAR AGAINST CHRONIC PAIN

If you and your doctor are discussing opioid contracts, you have probably been suffering from pain for a long time. Many doctors like to use these contracts to help make their expectations about how to use these medicines clear, but it is important to remember that you are partners in treating your pain. Effective opioid contracts are based on give and take. You need to decide on a plan that will work for both of you, and you both need to work in order to relieve your pain.

## WHY SHOULD YOU HAVE AN OPIOID CONTRACT?

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Opioid contracts can be helpful to both doctors and patients. They clearly state what the doctor wants you to get from your medicine, common side effects, concerns with your medications, and the responsibilities that you take on by taking controlled medicines like these. It is also a unique opportunity for you and your doctor to negotiate how these medicines should be used and which other strategies you will use to control your pain.

## PAIN, YOUR BRAIN AND YOUR LIFE

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Chronic pain affects almost every area of a person's life. Many people with pain also struggle with depression, anxiety, and sleep problems. Pain actually changes the chemistry in the brain and can effect your productivity, work experience, enjoyment of life, and relationships with family and friends. Pain can decrease your energy and your psychological defenses against stress. It can decrease your sense of control over your life and your quality of life. People often feel that their experience of pain is misunderstood. Use some of the time spent on discussing your opioid contract to help your doctor better understand your experience.

## WHAT TO EXPECT OF YOUR DOCTOR

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### He/she will:

- Try to understand your experience of living with pain
- Explore all appropriate treatment options, including those suggested by you, and explain risks and benefits of all proposed treatments
- Explain what is known and what is not know about the causes of your pain

- Respect your right to make pain management decisions
- Not allow you to be treated disrespectfully because of your use of opioids for pain

## WHAT YOUR DOCTOR WILL EXPECT OF YOU

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### You will:

- Take medication only at the dose and time/frequency prescribed, and talk to your doctor before making changes to how the medication is taken
- Not ask for pain medications from other doctors and tell all doctors about all of your medications
- Arrange for refills through your doctor's clinic, during office hours, and not ask for refills earlier than agreed upon
- Keep medications only for your own use and not share them with others
- Be willing to be involved in programs that can help improve social, physical, or psychological health
- Be willing to learn new ways to manage your pain by trying step-by-step behavior and lifestyle changes in your daily life

Title: "How to make your  
opioid contract work for  
you"

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Key words: opioid contract,  
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Abstract: A better  
understanding of opioids and  
other treatment options for  
chronic pain will empower  
patients and help them feel  
like an active participant  
in their pain management.  
Helping patients understand  
what is expected of them  
when using narcotics will  
reduce the risk of  
developing the adversarial  
relationship that sometimes  
accompanies opioid  
agreements.