



Address Line 1
Address Line 2
City, ST 12345

Firstname Lastname
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Important information about your pain medicine from Lynne Nowak, MD

<Date>

Dear <First Name> <Last Name>,

As a doctor who cares about your health, I want you to feel confident that your medicine is safe and works well for you. I'm writing about your recent prescription for the pain medicine below:

<Drug 1>

Medicines like these are classified as pain medication and are called "opioids." Opioids can be very effective for managing pain, but are also very powerful – **you need to take them exactly as prescribed** and store them with great care. Opioids can cause a number of side effects and, in some patients, can lead to dependence.

Your medicine may not relieve all your pain, so it's important to talk with your doctor if your pain persists or worsens before increasing your dose. We want you to be able to control your pain, but we also want you to be safe when taking this medicine. That's why we've included a **short guide about opioids** on the other side of this letter.

If you have any questions about your medicine, or if you would like to talk with an Express Scripts specialist pharmacist, please call **855.621.9206**.

Sincerely,

Lynne Nowak, MD
Express Scripts Medical Director

See facts and tips about your
medicine on the back of this letter.



A dose of reality

Important facts and tips to help you stay safe.

Millions of people are prescribed opioids because they're an effective treatment for pain when taken correctly. But because they can be addictive, it's important to take them as prescribed. Here are a few more tips to help with your treatment:



Understanding your medicine

Please talk with your doctor or pharmacist about your medicine if you have any questions, like:

- How long should I take my medicine?
- What are the side effects and how do I manage them?
- What should I do if my pain gets worse?



Safely handling your medicine

- Don't share medicine with anyone, even if they have symptoms like yours. Sharing medicine with others is illegal.
- ALWAYS store your medicine in a secure place where children can't reach it.
- Search "opioid disposal" at [FDA.gov](https://www.fda.gov) to learn how to dispose of your medicine properly.



Important restrictions

- Don't mix your medicine with alcohol. It can have serious side effects.
- Make sure your doctor knows all medicines you're taking, including over-the-counter medicine and sleeping pills.
- Pain medicine can impair your driving. Talk with your doctor to see if you're safe to drive while taking this medicine.

Did You Know?¹

More overdoses are caused by **prescription medicine** than **illegal drugs**.

70% of abused prescription medicine is **provided by,** or **stolen from,** friends and family.

Over 22% of opioid deaths involve **alcohol**.

Side effects of opioids can include **constipation, dizziness, nausea** and **drowsiness**.

Mixing other medicine with opioids can be dangerous – even over-the-counter **vitamin supplements**. Please talk with your doctor or pharmacist if you have questions.

¹The Centers for Disease Control and Prevention (CDC)