

SAFE OPIOID CHECKLIST FOR KIDS

Opioids (such as morphine, hydromorphone, oxycodone) are important medications for managing your child's pain.

The goal of using opioids is to obtain pain relief. When used correctly, opioids are safe and effective pain medications.

Because they are strong medications, Health Canada requires this sticker on all opioid medication containers.



Follow this safety checklist to minimize the risks linked with opioid use.

If you have questions or concerns, speak with your child's healthcare team.

Do not change your child's opioid plan without speaking to someone on the healthcare team first.



Follow the prescriber's instructions to use the lowest effective dose for the shortest time needed.



For mild to moderate pain, ask a doctor, nurse or pharmacist for a plan to transition to other medications.



Be aware of opioid side effects. Seek medical help when necessary.



Lock opioids in a secure place. Keep them out of sight and out of reach of children and pets.



Return unused opioids to your nearest pharmacy. This is the only way to dispose of them safely.



Contact your child's healthcare team if you have questions or concerns.



Visit **AboutKidsHealth.ca** for more information

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