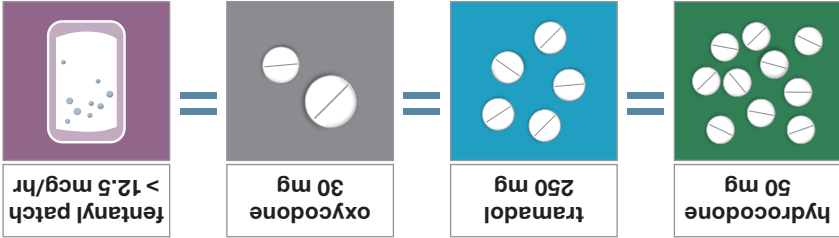




These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. These materials were created by Alosa Health, a nonprofit educational organization which accepts no funding from any pharmaceutical company. They were printed and distributed through a program with the Indian Health Service.

*MME: morphine milligram equivalents

Opioid dose calculator available at: [qrco.de/CDC_conversion_table](https://www.cdc.gov/ncbddd/oddtc/)



50 MME translates to:

These doses have limited benefit but increasing harm.

Use caution with opioid doses above 50 MME* per day



Discuss opioid risk reduction strategies



Naloxone saves lives.

Prescribe with any risk factors:

- opioid dose > 50 MME/day
- renal or hepatic dysfunction
- taking benzodiazepine or other sedatives
- COPD, asthma, tobacco use, or sleep apnea
- history of substance use disorder or overdose
- loss of tolerance



Discuss safe storage.

- Keep opioids out of reach of others.
- Use a secure storage location when possible, such as a lockbox.



Discard unused portion.

Options include:

- safe medication disposal boxes
- take back events
- activated charcoal bag

Approaches to managing four pain syndromes

Evidence for pharmacologic and non-pharmacologic options

INTERVENTION	Osteoarthritis	Low back pain	Diabetic neuropathy	Fibromyalgia	
Non-drug options	exercise	●	◐	—	●
	physical therapy	●	◐	—	—
	tai chi	●	●	—	●
	weight loss	○	○	—	◐
	yoga	◐	●	—	○
	acupuncture	◐	●	—	○
	massage	◐	◐	—	◐
	TENS*	○	○	◐	○
	cognitive behavioral therapy	○	●	◐	◐
	mindfulness meditation	○	●	○	○
	self-management	◐	◐	—	○
Non-opioid drug options	acetaminophen	◐	○	—	—
	NSAIDs—oral	●	●	—	—
	NSAIDs—topical	●	○	—	—
	duloxetine (Cymbalta, generics)	◐	◐	●	●
	tricyclic antidepressants (TCAs)	—	✘	◐	◐
	pregabalin (Lyrica, Lyrica CR)	◐	—	●	●
	gabapentin (Neurontin, generics)	—	○	●	◐
topical lidocaine (Lidoderm, generics)	○	—	◐	—	
cannabis/cannabinoids	—	—	◐	○	
Opioids	tramadol (Ultram)	○	◐	◐	○
	buprenorphine (Belbuca, Butrans)	○	◐	○	—
	other opioids	✘	✘	✘	✘

Risk/benefit: ● = favorable; ◐ = potentially favorable; ✘ = unfavorable; ○ = no clear benefit; — = insufficient

*TENS: transcutaneous electrical nerve stimulation

Visit www.ih.gov/opioids for links to initiatives, tools, and other resources