



Do You Take Both Opioids and Benzodiazepines?

Patient Education Brochure

Common examples of opioids
and benzodiazepines:

Opioids

Hydrocodone

- Vicodin[®]

- Norco[®]

- Lortab[®]

Oxycodone

- Percocet[®]

Morphine

Fentanyl

Methadone

Benzodiazepines

Alprazolam

- Xanax[®]

Clonazepam

- Klonopin[®]

Diazepam

- Valium[®]

Lorazepam

- Ativan[®]



Let's test what you know!

Please circle either true or false to test what you know (see back for answers):

1. I am not at risk of an accidental overdose if I take my opioid and benzodiazepine medication as prescribed.

True or False

2. Only people addicted to medications can overdose.

True or False

3. Certain medical problems or use of alcohol can increase my risk of an accidental overdose.

True or False

4. Patients who have been taking an **opioid** and **benzodiazepine** for a long time are not at risk for an accidental overdose.

True or False

Why is combining an opioid and a benzodiazepine so dangerous?

When used together, these medications may:

- Slow or stop your breathing
- Cause an accidental overdose

What is an accidental overdose?

An accidental overdose is when your body has too much medication but you didn't know it was going to be too much. An **accidental overdose** can cause you to stop breathing and die.

Did you know?

The risk of accidental overdose can occur with any dose, large or small, even if you've been taking the medicines for a long time.

It is important that you do not stop taking your medications without talking to your provider first. Stopping medications too fast can be dangerous.

What should you do now?

1. Talk to your provider about the risks and benefits of your medications.
2. Ask your provider if there are safer medication options for you.
3. Ask your provider if **naloxone** is right for you.



100
Drug Overdose
Deaths Per Day

100%
Preventable

What is naloxone?

Naloxone is an important part of opioid safety and can lower your risk of an opioid overdose death.

Naloxone is a prescription medication used in an emergency. It can help you start breathing again by reversing an opioid overdose.

Please see this link or scan the QR code below for more information about naloxone:

https://www.youtube.com/playlist?list=PL3AQ_JVoBEyxacdQcDn5kJISzR-jouk7J



Check your answers!

1. **False.** Even when used correctly, taking opioids and benzodiazepines together can cause an overdose. Ask your provider what **your** risks are. Ask if there are other medications that may be safer for you.
2. **False.** Any patient taking an **opioid** with a **benzodiazepine** has a risk of an overdose. Remember, it is the medication combination that is dangerous, **not** the person who takes it.
3. **True.** Lung disease, sleep apnea, liver disease, alcohol use and many other things can increase your risk for an overdose.
4. **False.** This medication combination always comes with some risks, no matter how long you've been taking it. Your risks may increase as you age. It's important that you and your provider continue to talk about the risks and benefits of your medications before deciding what's right for you.