

阿片类药物的安全使用和处置

什么是阿片类药物？

阿片类药物是用于控制中度至重度疼痛的强效处方止痛药。常见的阿片类药物包括羟考酮、吗啡、美沙酮和氢吗啡酮。

阿片类药物会使人上瘾吗？

会。阿片类药物可能会使人上瘾以及被滥用。给孩子开的药量取决于他们的体重、其他医疗病症和疼痛类型。如果给药得当且时间短，大多数儿童和青少年不会对止痛药上瘾。如需更多信息，请参阅我们的散发材料“急性疼痛”：

seattlechildrens.org/pdf/PE503SC.pdf

如果你担心上瘾，请与你的医生谈谈。

如何安全服用阿片类药物？

- 完全按处方给孩子服药。加大药量是非常严重的，可能会导致你的孩子呼吸停止，从而导致死亡。
- 在很多情况下，你的医生会开非阿片类止痛药，如对乙酰氨基酚（泰诺）和异丁苯丙酸（雅维或布洛芬），这些药是很好的初期处方止痛药。如果你的孩子仍然有明显的疼痛，可以添加阿片类药物。
- 其他可能用于治疗焦虑症或肌肉痉挛的药物（如地西洋和劳拉西洋），只有在医生特别开具处方的情况下才能与阿片类药物一起使用。将这些药物与阿片类药物一起服用会导致严重的嗜睡并加重呼吸问题的风险。
- 通过安全储存，防止孩子、朋友和家人误用药物。可以将药物安全地存放在上锁的药盒、上锁的柜子、上锁的橱柜中，或者放在够不到的地方。当不再需要阿片类药物时，利用回收程序处理掉未使用的阿片类药物。

我何时应该给医生打电话？

如果你的孩子出现以下情况，则致电 911：

- 呼吸困难或醒不过来

如果你的孩子出现以下情况，则致电孩子的医生：

- 当按医嘱服药时，他们的疼痛没有得到控制
- 他们出现了副作用（如恶心、呕吐或胃痛），这些都是孩子不能耐受药物的体征

如欲了解更多信息

- Ocean Pharmacy
206-987-2138
- 咨询你孩子的医生
- seattlechildrens.org

免费翻译服务

- 在医院中，询问你的护士。
- 在医院外面，拨打免费家属口译热线：
1-866-583-1527。告诉译员你需要的名称或分机号。

如何安全地处置阿片类药物？

如果你在 **Seattle Children's Hospital**:

使用一楼 Forest B 大厅中的药物处理投递亭。它位于 Forest Outpatient Pharmacy 对面。

如果你在华盛顿州:

访问 takebackyourmeds.org/，查找你附近的药物回收点
或者访问 med-project.org/locations/washington/mail-back-services/，免费申请预先付费、预先写好地址的回邮包裹

如果你在华盛顿州以外:

访问 deادiversion.usdoj.gov/drug_disposal/takeback/，查找离你最近的药物回收点

如果你没有其他选择:

访问 fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-dispose-non-flush-list-medicine-trash，按照美国食品药品监督管理局的指示操作

Safe Use and Disposal of Opioid Medicines

What are opioids?

Opioids are strong prescription pain medicines used to manage moderate to severe pain. Common opioids include oxycodone, morphine, methadone, and hydromorphone.

Are opioids addictive?

Yes. Opioids can be addictive and misused. The amount of medicine your child is prescribed is based on their weight, other medical conditions, and type of pain. When given appropriately and for a short time, most children and teens do not become addicted to pain medicine. For more information, see our handout “Acute Pain”: seattlechildrens.org/pdf/PE503.pdf

If you are concerned about addiction, talk to your healthcare provider.

How do I give opioids safely?

- Give your child the medicine exactly as prescribed. Giving more medicine is very serious and can cause your child’s breathing to stop, which could lead to death.
 - In many situations, non-opioid pain medicine such as acetaminophen (Tylenol) and ibuprofen (Advil or Motrin) are a good starting point and may be prescribed by your doctor. If your child is still experiencing significant pain, opioids may be added.
 - Additional medicines that may be prescribed for anxiety or muscle spasms, such as diazepam and lorazepam, should only be given with opioids if specifically prescribed by your doctor. Taking these medicines with opioids can cause significant drowsiness and worsen the risk for breathing issues.
 - Prevent children, friends, and family from misusing the medicine by storing them securely. They can be secured in a medication lock box, locked cabinet, locked closet, or out of reach. When no longer needed, use a take back program to get rid of unused opioid medicine.
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When should I call the doctor?

Call 911, if your child:

- Is having difficulty breathing or will not wake up

Call your child’s doctor if:

- Their pain is not controlled when taking the medicine as directed
 - They have side effects such as nausea, vomiting, or stomach pain, which are signs that your child is not tolerating the medicine
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To Learn More

- Ocean Pharmacy
206-987-2138
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

How can I safely dispose of opioid medicines?

If you're at Seattle Children's Hospital:

Use the medicine disposal drop-off kiosk located in the Forest B lobby on the first floor. It is located across from the Forest Outpatient Pharmacy.

If you're in Washington state:

Find a medicine take back location near you at:
takebackyourmeds.org/

Or request a pre-paid, pre-addressed mail-back package at no cost at:
med-project.org/locations/washington/mail-back-services/

If you're out of Washington state:

Find the nearest medicine take back location near you at:
deادiversion.usdoj.gov/drug_disposal/takeback/

If you have no other options:

Follow Food and Drug Administration instructions at:
fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-dispose-non-flush-list-medicine-trash
