

# Isticmaalka Nabdoonaanta iyo Tuuritaanka Dawooyinka Opioid-ka

## Waa maxay opioids-ka

Opioids-ka waa xanuun xoog leh oo la qoray daawoyin loo isticmaalo in lagu maareeyo xanuunka dhexdhexaadka ah iyo kan daran. Opioids-yada caadiga ah waxaa ka mid ah oxycodone, morphine, methadone, iyo hydromorphone.

## Qabatiin miyaa Opioids-ka?

Haa. Opioids waxay noqon karaan kuwo la qabatimo oo si xun loo isticmaalo. Qaddarka daawada ilmahaaga loo qoray waxay ku salaysan tahay miisaankooda, xaaladaha kale ee caafimaad, iyo nooca xanuunka. Marka si habboon iyo wakhti gaaban loo siiyo, badi carruurta iyo dhallinyaradu ma noqdaan kuwo la qabatimay daawada xanuunka. Macluumaad dheeri ah, eeg qoraalkayaga “Xanuun Ba’an”:

[seattlechildrens.org/pdf/PE503SO.pdf](http://seattlechildrens.org/pdf/PE503SO.pdf)

Haddii aad ka welwelsan tahay balwadda, la hadal bixiyaha xanaanada caafimaadkaaga.

## Sideen ku siinayaa opioids-ka si badbaado leh?

- U sii ilmahaaga dawada sida saxda ah ee lagu qoray. Bixinta dawooyin badan waa mid aad halis u ah waxayna sababi kartaa in cunugaada neefsashadiisa ay joogsato, taasoo keeni karta dhimasho.
- Xaalado badan, daawada xanuunka aan ahayn opioid sida acetaminophen-ka (Tylenol-ka) iyo ibuprofen-ka (Advil ama Motrin) ayaa ah bilow wanaagsan waxaana laga yaabaa inuu kuu qoro dhakhtarkaaga. Haddii ilmahaagu uu weli dareemayo xanuun weyn, opioids-ka ayaa lagu dari karaa.
- Daawooyinka dheeraadka ah ee laga yaabo in loo qoro walaaca ama murqo xanuun, sida diazepam iyo lorazepam, waa in lagu siiyaa kaliya opioids-ka haddii si gaar ah uu dhakhtarkaagu kuu qoro. Qaadashada daawooyinkan opioids-ka waxay sababi kartaa lulmo weyn waxayna ka sii dari kartaa halista arrimaha neefsashada.
- Ka ilaali carruurta, asxaabta, iyo qoyska inay si xun u isticmaalaan dawada adiga oo si ammaan ah u kaydinaya. Waxaa lagu xafidi karaa sanduuqa qufulka daawada, armaajo qufulan, boorso qufulan, ama meel aan la gaarin. Marka aan loo baahnayn, isticmaal barnaamijka dib u qaadista si aad uga takhalusto daawada opioid-ka ee aan la isticmaalin.

### Si Aad Wax Badan uga Ogaato

- Ocean Pharmacy (Farmashiyaha Ocean) 206-987-2138
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- [seattlechildrens.org](http://seattlechildrens.org)

### Adeegyada Turjumaada ee Bilaashka ah

- Marka aad joogtid isbitaalka, weydii kalkaaliyahaaga.
- Marka aad joogto dibadda cusbitaalka, soo wac Khadka Turjumaadda Qoyska ee bilaashka ah, 1-866-583-1527. U sheeg turjumaanka magaca ama kordhinta aad u baahan tahay.



### Goorma ayaan wacayaa dhakhtarka?

Wac 911, haddii ilmahaagu:

- Ay ku adag tahay neefsashada ama uusan toosayn (hurdo ka toosayn)

Wac dhakhtarka ilmahaaga haddii:

- Xanuunkooda aan la xakamayn marka daawada loo qaadanayo sida lagu faray
  - Ay leeyihiin waxyeellooyin sida lallabbo, matag, ama calool xanuun, kuwaas oo calaamad u ah in ilmahaagu aanu u dulqaadan karin daawada.
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## Sideen si badbaado leh ugu tuuri karaa daawooyinka opioid?

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### Haddii aad joogto Seattle Children's Hospital:

Isticmaal dukaanka lagu tuuro daawada ee ku dhex yaal hoolka Forest B ee dabaqa koowaad. Waxay ku taal meel ka soo horjeedda Farmashiyaha Bukaansocodka ee kaynta.

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### Haddii aad joogto gobolka Washington:

Ka hel daawada dib u soo celinta meesha kuugu dhow: [takebackyourmeds.org/](https://takebackyourmeds.org/)

Ama codso dib-u-bixinta ee horay loo sii bixiyay, ee ciwaanka looga dhigay xirmo dib-u-soo-celin ah oo aan kharash lahayn: [med-project.org/locations/washington/mail-back-services/](https://med-project.org/locations/washington/mail-back-services/)

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### Haddii aad ka maqan tahay gobolka Washington:

Ka hel daawada dib u soo celinta meesha kuugu dhow: [deادiversion.usdoj.gov/drug\\_disposal/takeback/](https://deادiversion.usdoj.gov/drug_disposal/takeback/)

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### Haddii aadan haysan ikhtiyaar kale:

Raac tilmaamaha Maamulka Cuntada iyo Dawooyinka: [fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-dispose-non-flush-list-medicine-trash](https://fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-dispose-non-flush-list-medicine-trash)

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# Safe Use and Disposal of Opioid Medicines

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## 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](https://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.

## 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

### To Learn More

- Ocean Pharmacy  
206-987-2138
- Ask your child’s healthcare provider
- [seattlechildrens.org](https://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?

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**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.

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**If you're in Washington state:**

Find a medicine take back location near you at:  
[takebackyourmeds.org/](https://takebackyourmeds.org/)

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

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**If you're out of Washington state:**

Find the nearest medicine take back location near you at:  
[deادiversion.usdoj.gov/drug\\_disposal/takeback/](https://deادiversion.usdoj.gov/drug_disposal/takeback/)

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**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](https://fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-dispose-non-flush-list-medicine-trash)

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