

HYDROMORPHONE

TRANSCRIPT (page 1 of 3)

If you have moderate to severe pain, you may be prescribed Hydromorphone. Hydromorphone is a high alert medication, which means if you do not take it exactly as prescribed it may cause illness or injury.

To understand how Hydromorphone works, let's look at how pain affects your body.

Thousands of tiny nerve cells in your body sense many feelings, like cold, heat, pressure, and pain. When your body is injured, the tiny nerve cells send a message to your brain that says: 'I'm in pain here!'

Hydromorphone works in the brain to change how your body feels and responds to pain.

Hydromorphone comes in either a tablet or liquid and is available in different types of doses. You may be prescribed a short-acting dose for pain that comes and goes. Or you may be prescribed an extended release dose for pain that is there all the time. Make sure you understand exactly what you are taking and how you are supposed to take it to avoid injury.

Hydromorphone is a powerful medication. Some people should not take it. Do not take Hydromorphone if you are allergic to the ingredients in it.

Do not take Hydromorphone if you have asthma or other breathing problems.

If you are pregnant, or planning to get pregnant, talk to your healthcare provider before taking Hydromorphone. It may harm your baby. Do not breastfeed while taking Hydromorphone.

Before taking Hydromorphone, tell your healthcare provider if you have a history of: head injury and stroke; liver, kidney or thyroid problems; stomach problems; and pancreas or gallbladder problems.

Hydromorphone can be highly addictive. If you have a history of abuse of street drugs, prescription medications or alcohol, tell your healthcare provider. There may be a different medication available for you.

Some side effects of Hydromorphone include: constipation, nausea, stomach pain, headache, sleepiness, dry mouth, sweating, and itching.

(Continued on next page)

HYDROMORPHONE

TRANSCRIPT (page 2 of 3)

If you do notice any of these side effects, contact your healthcare provider about how to manage them.

Be aware that you are at an increased risk of falling while taking Hydromorphone. Get up from a sitting or lying position slowly.

Do not drive or operate heavy machinery, including your car, until you know how Hydromorphone affects you.

Do not drink alcohol while taking Hydromorphone. Drinking alcohol while taking this medication can cause serious side effects leading to death.

If you have an allergic reaction like: trouble breathing, hives, or swelling of your face or throat; call 911.

If you have: a slow heart rate, weak or shallow breathing, chest pain, confusion, muscle weakness, extreme tiredness, or feel like you may pass out; call your healthcare provider right away.

This is not the complete list of side effects. Make sure you discuss all possible side effects with your healthcare provider.

Take Hydromorphone exactly as prescribed. Do not change your dose or take it for longer than prescribed.

If you have been prescribed Hydromorphone extended release, always swallow the pill whole with plenty of water. Do not cut, break, chew, crush or dissolve this medication.

Drink 6 to 8 glasses of water a day to help avoid constipation.

If you have been prescribed liquid Hydromorphone, use a measuring spoon or medicine cup to make sure you get the correct amount. Do not use a regular kitchen spoon.

Extended Release Hydromorphone should be taken at the same time every day. If you miss a dose, take it as soon as you remember. Do not double dose to make up for a missed dose. Return to your normal medication schedule as soon as possible.

(Continued on next page)

HYDROMORPHONE

TRANSCRIPT (page 3 of 3)

Short-acting Hydromorphone is taken as needed. If you think you have taken too much Hydromorphone, call 911. An overdose of Hydromorphone can cause serious breathing problems that can lead to death.

Store Hydromorphone away from moisture and direct sunlight. Your bathroom medicine cabinet is not the best place because of moisture. Do not leave your medication where it can get too hot or too cold.

Always store your medication out of sight and out of reach of children to prevent accidents.

Because Hydromorphone is a narcotic that can cause dependency, it can be a very desirable drug to addicts. Lock this medication up to prevent stealing and abuse.

When you are done taking Hydromorphone, crush all of your remaining tablets and mix them with undesirable trash like kitty litter or coffee grounds.

Dispose of liquid Hydromorphone by flushing it down a drain or toilet.

Do not sell or give your Hydromorphone to anyone else. It is against the law and can seriously harm anyone else taking it. Contact your local police station for more information on proper disposal directions.

Hydromorphone can help relieve your pain. But it is a powerful medication that should only be taken exactly as prescribed. If you have any questions about Hydromorphone, ask your healthcare provider and pharmacist for more information.