

Warning Signs of Addiction

- * Needing to take higher and higher doses to get the same relief. If you feel you need more drug, talk with your doctor because there may be alternative medications or strategies for pain control.
- * Constant focus or worry about having enough opiate medication available.
- * Taking opiates for reasons other than prescribed, such as for sleep or for euphoria.
- * Running out of medication earlier than as prescribed. For example, 30 tablets, with a maximum dose of 4 per day should last 7 days.
- * Altering the dosage form, such as crushing or dissolving a tablet or capsule, unless instructed to do so by your physician.
- * Being unwilling to try a different medication, lower dose, or alternative pain management technique suggested above under Self-management.
- * Making decisions that are inconsistent with your beliefs and your usual standards for living because of a focus on opiates. An example might be choosing to avoid bathing because you are too drowsy from opiates.
- * Having a friend or family member express concerns about how opiates have affected you.
- * Denial when confronted by others.
- * Although none of these, by themselves, may be a reason for concern about addiction; it is important to self-assess your use of opiates frequently and seek help immediately if you think you have a problem.