

McLaren Print System Order

Order No: 89389  
Order Date: 2024-10-30  
Order Request Date:  
User: Jennifer Emmert  
Phone: 810-989-3445

Ship Location: McLaren Port Huron- Family Birth Place, 4th Floor north tower  
1221 Pine Grove Ave  
Port Huron, MI 48060

Brochures  
Quantity: 300  
Paragon Dept No: 30610  
Dept Name: Family Birth Place  
Company Number:

Order Total Price: 111.60

Item Number: MHCC-088  
Item Description: PAIN MANAGEMENT AFTER CHILDBIRTH (OPEN) Brochure  
Revision Date: 10/2024  
Print:  
Paper:  
Size:  
Fold:  
Finish:  
Drill:  
Poster:  
Misc Info: 8.5x14 Color DS Bleed Quad-Fold 80# Satin Cover

**OPIOID MEDICATIONS**  
Opioids are prescription pain medications that may be offered by your prescriber after birth.

- Use opioids only for severe pain that is not controlled with acetaminophen and ibuprofen.
- Stop using or use fewer opioids as your pain gets better.
- Do not use opioids at the same time as other medications or substances that can cause drowsiness like alcohol, anti-anxiety medications like Xanax or Valium, muscle relaxers like Flexeril, or sleep aids like Ambien.

Opioids may be needed for a short period of time after birth to control your pain. You should know the potential side effects and risks.

**Ask your clinician about Naloxone**

Naloxone is a medication that temporarily reverses the dangerous effects of an opioid overdose. Talk to your clinician about a prescription for naloxone.

Scan to learn more about naloxone

**Optimal Side Effects**  
Contact your clinician if you notice any side effects.

- Constipation
- Itching
- Sleepiness
- Nausea or vomiting
- Impaired motor skills or judgment

**KNOW THE RISKS**

Anyone who uses an opioid, even for just a short time, is at risk for dependence, tolerance, misuse, addiction, and overdose.

Opioids can cause slowed breathing and lead to overdose death. Discuss the following signs and symptoms of an overdose with your family and friends.

- Cannot be awakened or asleep
- Slurred or raspy sounding speech
- Limp body that may seem floppy
- Fingernails turn blue/purple
- Very pale or clammy to the touch

**PAIN & BREASTFEEDING**

Small amounts of opioids over short periods of time are safe and do not pose risks to babies, but some opioids (codeine, tramadol) are not recommended when breastfeeding. Acetaminophen and ibuprofen are both safe during breastfeeding. They are found in low amounts in breast milk, and are the first choice for pain management.

Talk to your prescriber if you are breastfeeding about the best option for you. Call your pediatrician if your baby seems sleepier than normal, cannot latch as well or is inconsolable.

**SAFE STORAGE AND DISPOSAL**

Protect your family and friends by safely storing medications and disposing when done.

**Opioid Storage**

- Lock up medications if possible
  - Try a medication lock box, safe, or drawer with a lock!
- Store medications in private areas, do not store in common rooms like the bathroom or kitchen
  - Do not store in a jar!
- Keep count of how much medication is left
- Talk about the risks of opioids with family and friends

**Opioid Disposal**

- Use a permanent medication disposal box in your community
- Ask your clinician or pharmacist about home disposal options such as a destruction bag or medication mail-back envelope
- Use your trash as a last resort
  - Mix opioids (do not crush) with used coffee grounds or kitty litter in a bag and throw away
  - Take personal information off of the prescription label before disposal

Scan to find a medication disposal box nearest you

**MANAGING PAIN AFTER CHILDBIRTH**

RECOMMENDATIONS FROM THE COMFORT PANEL: CREATING OPTIMAL PAIN MANAGEMENT FOR PARENTS AFTER SURGERY IN PREGNANCY AND CHILDBIRTH

MICHIGAN-OPEN.ORG

**OPEN OBSTETRICS INITIATIVE**

Spec Info: