

HOW TO TALK TO YOUR DOCTOR ABOUT PAIN

One of the Most Effective Combinations for Pain Relief is

200 mg + **500 mg**
of ibuprofen of acetaminophen

If you experience an injury, accident, surgery, or other medical condition, the National Safety Council (NSC) recommends getting answers to these four questions when speaking with your doctor about managing your pain.

1. Am I being given an opioid?

2. If so, is there a non-addictive option? Ask for a different option if there is one. Studies show that the most effective medications for severe pain relief are not opioids, but ibuprofen and acetaminophen taken together. Tell your doctor or dentist you want the best treatment for acute pain.

3. If opioids are needed, is a short-term prescription possible? Ask your doctor to limit the dose and length of time you take the opioid medication. Ask if a 3-day prescription is right for you.

4. Do I have any medical conditions, mental health issues, or a family history that could increase my risk? Be very clear and honest with your doctor about your medical history. There is no way to decide who will become addicted to a prescription painkiller, however, people with a history of substance use including alcohol or other drugs, or those who have depression and anxiety, are at greater risk. Tell your doctor about all other medications and drugs you take and about how much alcohol you drink.

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