



FOLLOWING PRESCRIBING GUIDELINES FOR OPIOIDS LIMITS MISUSE

90 Morphine Milligram Equivalent (MME) per day is the maximum suggested dose

There are now established guidelines for prescribing opioids for chronic pain.

1 Opioids should **not be the first choice** for treating chronic pain.¹



2 Treatment goals should be established with the patient prior to starting opioid therapy.²



3 Risks & benefits should be discussed with the patient prior to starting opioid treatment.³



WHEN USING OPIOIDS TO TREAT CHRONIC PAIN:



90 MME

90 morphine milligram equivalents (MME) per day should be the **highest prescribed dose**.

Prescribe **immediate-release opioids** instead of ER/LA opioids.

Always use the **lowest effective dose**.⁴

WHEN USING OPIOIDS TO TREAT ACUTE PAIN:

≤3 days

The length of time opioids are typically needed for **acute pain**.

Acute pain can often be managed **without opioids**.⁵

Follow-up to re-evaluate risk factors; reduce dose or taper and discontinue if needed.⁶



Help keep our communities safe from prescription drug misuse with these five tips.



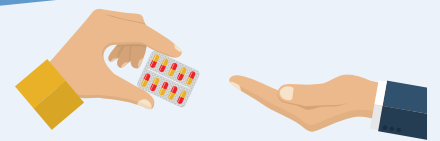
Use PDMPs

Before prescribing, check prescription drug monitoring program (PDMP) data for **duplicate prescriptions and high dosages**.⁷



Reduce risk

Discuss dose reduction: prescribing **50 MME per day doubles the overdose risk**.⁸



Decrease diversion

Advise patients to **never sell prescription drugs** or share.⁸

Screen for Depression with a PHQ9

There is a close association between chronic pain, depression and trauma.⁹

TIPS

Urine Drug Screening

Before prescribing get a UDS to assess the use of controlled prescription and illicit drugs.

SOURCES

^{1, 2, 3, 4, 6} [cdc.gov/drugoverdose/pdf/guidelines_factsheet-a.pdf](https://www.cdc.gov/drugoverdose/pdf/guidelines_factsheet-a.pdf)

^{5, 7} <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>

⁸ [cdc.gov/drugoverdose/pdf/calculating_total_daily_dose-a.pdf](https://www.cdc.gov/drugoverdose/pdf/calculating_total_daily_dose-a.pdf)

⁹ www.health.harvard.edu/mind-and-mood/depression_and_pain