

Medication Card

Opioids are strong painkillers and have certain risks, especially if they are taken in a way that is not intended by your prescriber. These risks include misuse, abuse, overdose, and diversion. **Specifically for Transmucosal Immediate-Release Fentanyl (TIRF) medication, you must continue to also take any around-the-clock opioids prescribed to you.** It is important to keep track of all your opioid medications. Keep this as a guide for safe use of your *long-acting* and *short-acting* opioids and your TIRF medication.

Patient name: _____

Next of kin contact details: _____

Prescriber contact details: _____

Name of medication and dose: _____

Name of medication and dose: _____

Name of medication and dose: _____

Reference

1. Target card from the American Pain Foundation.
<http://www.painfoundation.org/learn/publications/files/TargetCard.pdf>.
Accessed August 10, 2011.

Safe Use of Your Transmucosal Immediate-Release Fentanyl (TIRF) Medication



Chronic pain often has two components¹:

- > *persistent pain*: pain that lasts at least 12 hours daily and is usually treated with medicines taken around-the-clock or with non-drug therapies; also called constant pain
- > *breakthrough pain*: pain that flares up or breaks through the pain relief that is provided by around-the-clock opioid medicines

Prescription medication is a common treatment for chronic pain and opioids are a type of prescription medicine often used to treat moderate-to-severe chronic pain. Opioids come in *short-acting* and *long-acting* formulations, which describe whether the pain relief lasts for a short time or a long time. In general, long-acting opioids are used for persistent or constant pain and may be prescribed for around-the-clock use, and short-acting opioids are used for breakthrough pain. TIRFs are a specific type of short-acting opioid used for breakthrough pain that comes on quickly.

Patient name: _____

Next of kin contact details: _____

Prescriber: _____

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DOs

- Store your medication safely (both used or unused medication) and keep it away from people for whom it is not intended, whether children, other family members, those who are receiving pain medication, or friends (or strangers)
- Take precautions against misuse, abuse, overdose, theft, or accidental access of your medication at home or work; selling or giving away this medication (even to those you know or who have the same pain symptoms) is against the law
- Take your medication exactly as prescribed; be sure you understand how much you can take and how often you can take it
- Dispose of used and unused medication properly – refer to the Medication Guide of each product for instructions on disposal
- Be sure to ask your prescriber any questions that you have about your medication(s) and to contact your prescriber if the medication does not relieve your pain

DON'Ts

- While taking your TIRF medication, DO NOT stop taking the other opioid medication that you regularly use around-the-clock for your constant pain
- DO NOT share your medication, even if that person has the same symptoms. The kind of medication and its dose have been carefully selected by the prescriber for you only. If taken by others it may harm them, or could result in accidental overdose
- DO NOT take this medication for post-operative pain, injury pain, headache/migraine pain, or dental pain
- DO NOT switch to another fentanyl product without first discussing it with your prescriber
- DO NOT change the dose of your medication yourself and do not take the medication more often than directed by your prescriber