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## Physicians encouraged to hand out brochure on the safe and appropriate usage of opioids

DES MOINES – The Iowa Department of Public Health is offering patient education materials for physicians who prescribe opioid medications.

The Iowa Board of Medicine is encouraging physicians to hand out the two-page colorful informational brochure to help educate patients and their families on what opioids are, their side effects, what to know when prescribed opioids, and how to prevent opioid overdose.

Opioids, such as hydrocodone, oxycodone, morphine, codeine, and fentanyl, are medications that act on the nervous system to relieve pain. Continued use and abuse can lead to physical dependence and withdrawal symptoms. They come in tablets, capsules or liquid.

Physicians have a responsibility to manage opioid medications when they are prescribed for acute or chronic pain, including educating patients to ensure safe and appropriate usage.

The brochure was produced by the Department of Public Health in collaboration with the Iowa Dental, Medicine, Nursing and Pharmacy boards. To download a copy of the brochure, click [HERE](#). To order copies of the brochure at no charge, please contact Julie Jones at [julie.jones@idph.iowa.gov](mailto:julie.jones@idph.iowa.gov)