

# Opioids – Talking with My Health Care Providers

Talking with your healthcare team about the medications you take, both prescription and non-prescription, is important. It helps keep you and your baby healthy. When speaking with your providers share honest information. If you have concerns - ask the provider what will be done with the information you share.



**Your healthcare team may include:**

- OB doctor
- midwife
- primary care doctor
- pediatrician
- hospital nurses
- counselors

**Opioid drugs include:**

- morphine
- methadone
- buprenorphine
- hydrocodone
- oxycodone
- fentanyl
- heroin

**Opioid drugs sold under brand names include:**

- OxyContin®
- Percocet®
- Vicodin®
- Percodan®
- Tylox®
- Demerol®

**What does my health care provider need to know?**

- ✓ When you began using opioids, what you take, how much, and how often and if you are in treatment
- ✓ Whether you get prescriptions from several health care providers
- ✓ If you crush the pills to take them in another form, such as snorting or injecting
- ✓ If you've tried to stop using opioids before and were not successful
- ✓ If you use heroin, other street drugs, or other prescription drugs
- ✓ Anything else that might help your health care provider understand what you've been experiencing

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**Which questions do you want to ask your healthcare providers? Bring this list to your appointment to help you remember what you want to learn more about.**

## Ask your OB

- Do I really need treatment?
- What are my treatment options?
- How can medication-assisted treatment (MAT) help me?
- What about labor & delivery; what will I need to tell the nurses at the hospital?
- How will my pain be managed in the hospital?
- What should I tell the anesthesiologist about my opioid use and treatment?

## Ask your substance treatment team

- What is medication-assisted treatment (MAT)?
- What side effects have people had with MAT?
- How long does treatment typically last?
- Will I experience withdrawal?
- Why is it important to get my dosage right?
- Why do I need counseling?
- What factors could put my treatment at risk, and how do I minimize that risk?
- What's my role in treatment?
- Is it safe to suddenly stop taking opioids during pregnancy?
- Can opioids cause problems for my baby during pregnancy and after birth?

## Ask the hospital staff

- What are my options for pain relief?
- Will I be tested for drugs in my system? What will the tests be?
- Will my baby be tested for drugs in his/her system? How will my baby be tested?
- Who will receive the results?
- If my baby has drugs in his/her system will he/she have to go to the Neonatal Intensive Care Unit (NICU)?
- If my baby has drugs in his/her system will Child Welfare be called?
- Will the hospital social services be involved with me, my family, my baby?
- How will they be involved?

**Write in your own questions here:**

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