

Supplement 1. STOMP Feedback

1-A Feedback, postoperative pain and opioid use scenario

What to do:

Some pain is expected after surgery. But when you are having a lot of pain and can't rest, it is safe to do any of the following:

- take your prescribed opioid IF you have not had serious side effects or problems since the last dose AND it has been at least 4 hours since the last dose (that is, the minimum prescribed time interval).

What not to do: NEVER take a dose of a prescribed opioid that is higher than ordered or sooner than the dose is due. This is dangerous and has led to overdose.



Other ways to help relieve pain:

- Alternating non-opioid pain relievers like acetaminophen or ibuprofen with the prescribed opioid is the best way to relieve acute pain. These types of pain relievers work in different ways in the brain and body to block pain signals and to relieve inflammation. Be sure to follow your doctor's orders when using these non-opioid pain drugs.
- Use ice or heat or both (ask your doctor or nurse to see which may be best) and rest
- Distract (do something that best takes your mind off of the pain)
- **Unrelieved pain:** If your pain is not controlled with these suggestions, call your doctor. You may be experiencing a surgical problem or may need a different pain reliever that will work better for you.

1-B Feedback Opioid Misuse Scenarios

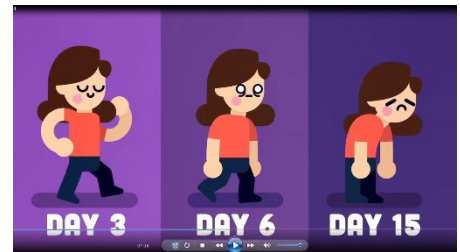
What to do:



If you have run out of your prescribed opioid (oxycodone) and your pain is not relieved by taking non-opioid drugs like acetaminophen or ibuprofen, call your doctor. You may be experiencing a surgical complication or may need to have your prescribed opioid refilled for a few days. You may also need to get a different non-drug treatment for pain.

What not to do: NEVER take an opioid pain reliever that was ordered for a different condition or for someone else - even if it was your own or like your own past prescription.

Taking opioids for more than a few days can increase your risk for **drug dependence**. Prescription opioids mimic the body's natural pain-relieving chemicals (endorphins) by binding to brain and body receptors. This blocks pain messages. But prescribed opioids don't act in the same way as natural chemicals and this can lead to abnormal brain and body messaging.



Over time, **opioids change the way the brain works much in the same way as heroin and morphine**. Each additional opioid pill that you take increases the chance that you will develop a drug dependence.

Drug dependence means that you can't stop taking the drug without having signs of withdrawal. Symptoms of withdrawal are like having a severe case of the flu- fever, nausea, vomiting, anxiety, diarrhea, muscle aches, and sleeplessness.

Drug dependence makes it much harder to stop taking the drug and can lead to **opioid addiction** - which can be very hard to treat. To avoid dependence, it is best to stop taking your prescribed opioid as early as possible and switch to over-the-counter pain relievers that are not addicting.



Anyone can become addicted to opioids. Some people can even become addicted when taking them exactly as prescribed, but the dangers can be increased by **not** taking them as directed or by combining them with other substances including alcohol and other drugs.

If you are having ongoing pain, think you need higher doses of your opioid to get pain relief or cannot stop taking the opioid without having withdrawal symptoms (see above), call your doctor. You will need help to wean off the drug safely while effectively managing your pain and other symptoms.