

What can providers do to help?

Use non-opioid treatment.

Opioids are not first-line or routine therapy for chronic pain. Recommend non-opioid or non-pharmacological treatment.

Review the Prescription Monitoring Program (PMP).

Avoid concurrent prescribing.

Check prescription monitoring program data for high dosages and prescriptions from other providers. Avoid prescribing opioids and benzodiazepines concurrently whenever possible.

Start low. Go slow. Follow up.

When opioids are started, prescribe them at the lowest effective dose and follow-up with the patient within one week.

Prescribe naloxone.

Naloxone is now free in Iowa at most large pharmacies. Visit www.naloxoneiowa.org.

Provide YLI resources for all patients.

Visit YourLifelowa.org for resources and help with alcohol, drugs, gambling, suicide and mental health. Call **855-581-8111** or text **855-895-8398**.



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