

# Common Myths About Morphine (An Opioid)

## **MYTH: Morphine will cause death.**

**FACT:** There is no evidence that morphine will cause death when it is properly prescribed. The proper use of opioids often improves your quality of life and helps maintain your level of independence and dignity.

## **MYTH: Morphine will cause you to feel sedated.**

**FACT:** It is common to feel extremely tired and need more sleep than usual in the first few days of taking morphine. However, the effect typically wears off within 2 to 3 days.

## **MYTH: You will become addicted.**

**FACT:** When the medicine is given regularly, a certain degree of physical dependence may occur. This is not the same as addiction. Addiction affects how your brain works and includes both physical and emotional dependence. This rarely occurs during hospice care.

## **MYTH: You will become tolerant of the medicine so it no longer works.**

**FACT:** You can develop a tolerance, meaning you need to have a higher dose of the medicine to feel its effects. In most cases, people with moderate to severe pain need to have a higher opioid dose because of increased pain and not tolerance to the medicine.



Allina Health

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**HOSPICE &  
PALLIATIVE CARE**

## What's in Your Comfort Kit

<b>Do not take these medicines unless your nurse gives you directions.</b>	
<b>Medicine name</b>	<b>Uses</b>
Prochlorperazine (Compazine®)	■ upset stomach (nausea)
Hyoscyamine (Levsin)	■ dries secretions
Lorazepam (Ativan®)	■ anxiety or agitation
Morphine (Roxanol®)	■ pain and breathing
Haloperidol (Haldol®)	■ upset stomach ■ anxiety or agitation
Benadryl Dexamethason Reglan (BDR)	■ upset stomach ■ throwing up (vomiting)
Ativan Benadryl Haldol Reglan (ABHR)	■ upset stomach ■ throwing up
Bisacodyl (Dulcolax®)	■ constipation

Liquid medicines can be given under the tongue or side of the cheek. The medicine will be absorbed by holding it in the mouth.

You will also find an activated charcoal pouch (Deterra®) in the kit. This is used to get rid of (destroy) unused medicines. Follow the directions on the back of the package.

### How to Reach Allina Health Hospice

A hospice nurse is awake and available by phone anytime (24 hours a day, 7 days a week) at 651-635-9173 or 1-800-261-0879, if you have a question or need help right away.



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