



# Narcotics

I am taking \_\_\_\_\_

**Narcotics** are strong pain medicines.

Common side effects include:

- constipation
- tiredness
- upset stomach.

To help avoid an upset stomach, take your medicine with food. To help avoid constipation, drink plenty of water.

Serious side effect is trouble breathing.

Tell your nurse or doctor right away if you have any of the side effects listed above.



Allina Health

Write down any questions you have about taking this medicine.

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Talk about these questions with your pharmacist, doctor or nurse.