

Fentanyl

Names	<p>The generic drug name is fentanyl (FEN-ta-nil). Brand names include:</p> <ul style="list-style-type: none">• Actiq®: lozenge on a handle• Abstral®: sublingual (under the tongue) tablet• Fentora: buccal (between gum and cheek) tablet• Duragesic®: skin patch• Lazanda®: nasal spray• Subsys®: sublingual (under the tongue) spray• The medication in each product is absorbed differently by the body, so one product cannot be substituted for any other fentanyl product. If you are switching from one product to another, your doctor will prescribe a dose that is best for you.• There may be other names for this medication.
Fentanyl Program	<ul style="list-style-type: none">• Fentanyl – and partially used fentanyl – can cause serious harm or death if taken incorrectly or by someone for whom it was NOT prescribed.• A program has been set up for each fentanyl product to decrease the risk of using the medication.• Your doctor needs to be enrolled in the program to prescribe fentanyl and you must fill your prescription at a pharmacy that is enrolled in the program.• Your doctor will talk with you about the risks and benefits of fentanyl and about how to safely use, store, and dispose of the medication.• After you talk with your doctor, you will sign a form acknowledging that you understand the risks and that you will follow your doctor's instructions to use the medication safely.• Your doctor will give you more information about the program and how to get your medication and will answer any questions you have.
Why Am I Using This Medication?	<p>Fentanyl is used to treat breakthrough pain (sudden episodes of pain that occur despite continual treatment with pain medication) in people who are regularly taking other opiate pain medications and who are tolerant to their effects.</p>
How Does It Work?	<p>Fentanyl is an opioid (narcotic) analgesic. It works by decreasing the brain and nervous system's response to pain.</p>

What Should I Tell My Doctor Before I Begin Fentanyl?

Tell your doctor if you:

- have had an allergic reaction to fentanyl, meperidine, adhesives, or other drugs
- or anyone in your family has ever abused drugs or alcohol or had a drug addiction
- have kidney disease, liver disease, or heart disease
- have breathing problems, such as asthma or chronic obstructive pulmonary disease (COPD)
- have had a recent head injury, a brain tumor, or a history of seizures
- have skin problems
- are breastfeeding, pregnant, or trying to get pregnant

This drug may interact with other medications or cause harmful side effects. Tell your doctor and pharmacist about all prescription or over-the-counter medications, vitamins, herbal, or diet supplements that you are taking.

How Do I Store and Dispose of Fentanyl?

- Keep this medication in the package it came in.
- Keep it out of reach of children, pets, and other people. Put it up high, away, and out of their sight and reach
- Store it at room temperature and away from light and excess heat and moisture (not in the bathroom).
- See each type of product for disposal instructions.

What Are Some Possible Side Effects?

- Drowsiness, lightheadedness, and/or dizziness
- Dry mouth
- Loss of appetite, nausea, vomiting, stomach pain, gas, heartburn
- Constipation
- Trouble urinating (peeing)
- Changes in vision
- Low blood pressure (hypotension)
- Sleep problems, unusual dreams
- Back, chest pains
- Mouth sores or skin irritation where you placed the medicine
- Flushing (redness in face, neck, chest), sweating, shaking
- Itching, rash
- Headache and/or mood changes (
- anxiety, depression, unusual thinking

How Can I
Manage
These Side
Effects?

- To help avoid constipation, eat high fiber food and drink at least 2-3 quarts of fluid every 24 hours, unless you are instructed otherwise. If you have constipation, check with your doctor before using any over-the-counter laxatives.
- Ask your doctor about medication to help prevent or lessen nausea or headache.
- Using lotion may relieve itching. Keep the area clean.
- If nausea or itching lasts more than 1 week, talk to your doctor.
- To help avoid dizziness when you change positions quickly, get out of bed slowly. Rest your feet on the floor for a few minutes before you stand up.
- Ice chips, drinking plenty of water, and rinsing your mouth with an alcohol-free mouthwash may help with a dry mouth.

When Should
I Call the
Doctor?

Call 911 or go to the nearest emergency room if you have:

- an allergic reaction: rash, itching, hives, or swelling of the face, lips, or tongue
- symptoms of an overdose: Confusion, shallow breathing, trouble breathing, smaller pupils (the black circles in the center of the eye), or lack of response/not waking up. If possible, remove fentanyl product from the body.

Call your doctor immediately if you have :

- breathing problems
- changes in vision
- confusion
- fever or flu-like symptoms
- hallucinations
- high or low blood pressure or irregular heartbeat
- problems with balance, talking or walking
- trouble passing urine or a change in the amount of urine
- unusual bleeding or bruising

Call your doctor as soon as possible if you have:

- constipation
- lightheadedness, sleepiness, or drowsiness that does not go away
- nausea that does not go away or any episodes of vomiting

How Do I
Take This
Medication?

- You will likely be started on a low dose that is gradually increased until you find the dose that relieves your breakthrough pain.
- Check packaging to make sure the dose is same as what was prescribed.
- Do not use fentanyl more than 4 times a day.
- Do not stop using fentanyl without first talking to your doctor. If you stop suddenly, you may have unpleasant withdrawal symptoms.
- Make sure your hands are dry before handling the tablets.

Fentanyl
Lozenge on a
Handle
(Actiq®)

- When you are ready to use the medication, cut open the blister package with scissors and remove the lozenge.
- Place the lozenge in your mouth, between your cheek and gum. **Suck on the lozenge, but do not chew, crush, or bite it.** Move the lozenge around in your mouth, from one side to the other, using the handle. Twirl the handle often.
- Do not eat or drink anything while the lozenge is in your mouth.
- Finish the lozenge in about 15 minutes.
- If you begin to feel dizzy, very sleepy, or nauseated before you finish the lozenge, remove it. Hold the handle under hot running water to dissolve the rest of the lozenge.
- Whether you dissolved the lozenge or finished it, throw away the handle when you are done. **Always use a garbage can that children and pets cannot reach.**

Fentanyl
Buccal
Tablets
(Fentora®)

- Make sure your hands are dry before handling the tablet.
- When you are ready to use the medication, tear along the perforated line to separate 1 blister unit from the card. Peel back the foil to open it – don't try to push the tablet through the foil.
- Place the tablet in your mouth above one of your upper back teeth between your cheek and your gum.
- Leave the tablet in place until it dissolves completely. You may notice a gentle bubbling feeling between your cheek and gum as the tablet dissolves. It may take 14 to 25 minutes for the tablet to dissolve. **Do not split, chew, bite, or suck the tablet.**
- If any of the tablet is left in your mouth after 30 minutes, swallow it with water.
- If you begin to feel dizzy, very sleepy, or nauseated before the tablet dissolves, rinse your mouth with water and spit the remaining pieces of tablet into the sink or toilet. Flush the toilet or rinse the sink to wash away the tablet pieces.
- Dispose of unneeded tablets or films by removing them from the packaging and flushing them down the toilet.

Fentanyl
Sublingual
Tablets
(Abstral®)

- Take a sip of water to moisten your mouth if it's dry. Spit out or swallow water.
- When you are ready to use the medication, tear along the perforated line to separate 1 blister unit from the card. Peel back the foil to open it – don't try to push the tablet through the foil.
- Place the tablet under your tongue as far back as you can. If more than 1 tablet is needed for your dose, spread them around on the floor of your mouth under your tongue.
- Leave the tablet in place until it dissolves completely. Do not suck, chew, or swallow the tablet.

Abstral®
con't

- Do not eat or drink anything until the tablet is completely dissolved and you no longer feel it in your mouth.
- Dispose of unneeded tablets or films by removing them from the packaging and flushing them down the toilet.

Fentanyl
Transdermal
(skin) Patch
(Duragesic®)

- Select a clean, dry area of skin above your waist on your front or back. Do not put the patch over burns, cuts, or irritated skin. Do not use the patch in any other way except applied on the skin.
- Do not use soap, lotion, alcohol, or oil on your skin before you apply the patch. Wash the skin with clear water only. Let your skin dry completely before applying the patch.
- Do not shave the skin where you will apply the patch. If the area is hairy, clip the hair with scissors, but do not shave.
- Tear open the pouch containing the fentanyl patch along the dotted line, starting at the slit. Remove the patch from the pouch and peel off both parts of the protective liner from the back of the patch. Try not to touch the sticky side of the patch.
- Immediately press the sticky side of the patch onto the chosen area of skin with the palm of your hand.
- Press the patch firmly for at least 30 seconds. Be sure that the patch sticks well to your skin, especially around the edges. If the patch does not stick well, tape the edges to your skin with first aid tape.
- When you are finished applying the patch, wash your hands with water right away.
- **Do not cut or damage the patch.** You may get too much medicine, which can be very dangerous.
- When putting on each new patch, choose a different place within the areas listed above. Be sure to remove the old patch before applying a new one.
- You may bathe, swim, or shower while you are wearing a fentanyl patch. If the patch falls off during these activities, dispose of it properly. Then dry your skin completely and apply a new patch. Leave the new patch in place for 72 hours after you apply it.
- A fentanyl patch is applied every 72 hours, unless your doctor instructs differently. Change your patch at about the same time of the day every time you change it.
- After you remove your patch, fold it in half with the sticky sides together and immediately flush it down a toilet.

Fentanyl
Nasal Spray
(Lazanda®)

1. If you have a runny nose, blow your nose.
2. Take the bottle out of the container. Remove the protective cap. Hold the bottle so the nozzle is between your 1st and 2nd fingers and your thumb is on the bottom.

3. If you are using a new bottle, prime it before use by spraying 4 sprays into the pouch, following the manufacturer's instructions.
4. Sit upright and put the bottle tip about 1/2 inch (1 cm) into one nostril, pointing the tip toward the bridge of your nose. Close your other nostril with your finger.
5. Press down firmly on the finger grips until you hear a "click" sound. You may not feel the spray go into your nose, but as long as the number in the counting window increases by 1, the spray has been given.
6. Breathe in gently through your nose and out through your mouth one time after spraying. Do not sniff after spraying the medication into your nose.
7. If your doctor wants you to use two sprays, repeat steps 4 through 6, using your other nostril.
8. When you see an "8" in the counting window, stop using the bottle. There will still be some liquid in the bottle. Spray it into the pouch (see manufacturer's instructions).
9. Stay sitting down for at least 1 minute after using the spray.
10. Do not blow your nose for at least 30 minutes after using fentanyl nasal spray.
11. Replace the cap on the bottle and put the bottle back in the container.

Fentanyl Sublingual (under the tongue) Spray (Subsys®)

- Cut along the dotted line with scissors and remove the fentanyl sublingual spray from the blister package.
- Swallow any saliva in your mouth.
- Hold the fentanyl sublingual spray unit upright using your index and middle fingers and thumb.
- Point the nozzle into your mouth and under your tongue.
- Squeeze your fingers and thumb together to spray the medication under your tongue.
- Hold the medication under your tongue for 30 to 60 seconds. Do not spit it out or rinse your mouth. The spray is a one-use unit and will remain locked after use.
- Place the spray unit in one of the provided disposal bags. Remove the backing from the adhesive strip and fold the flap to seal the bag.
- Throw the sealed bag into the trash that is out of the reach of children.

What Else Should I Know About Fentanyl?

- If you are using a patch, you may need other pain medicine on the first day you use the patch because it can take some time for the patch to start working.
- Fentanyl may decrease fertility in men and women.
- If you have diabetes, you should know that each fentanyl lozenge (Actiq) contains about 2 grams of sugar.
- If you have been using fentanyl for an extended period of time, do not stop it suddenly. Your doctor may need to decrease your dose gradually to prevent withdrawal symptoms.

What Else
Should I Know
About
Fentanyl? –
con't

- Do not share this medication with anyone else.
- Take this medication exactly as prescribed by your provider.
- This drug may cause drowsiness and dizziness. Do not drive a car, operate heavy machinery, or participate in any other possibly dangerous activities until you know how this medication affects you.
- If you are having surgery, including dental surgery, tell the doctor or dentist that you are using fentanyl patches.
- Do not drink alcohol while on this medication.
- For more information about fentanyl, talk to your doctor or pharmacist.

What Do I Do
with Leftover
Medication?

The safest way to dispose of unused opioids is to take them to an authorized drug disposal site:

- Roswell Park has a drug disposal container. It is located on the 1st floor of the main hospital just past the ATM machine.
- Call your pharmacy and ask if they have a take back box for unwanted or expired medications.
- You can search any of the following websites for a drug disposal location closest to you: New York *Take Back* programs for household drugs. Go to the NY Department of Conservation website www.dec.ny.gov/chemical/67720.html Click on “Find a free collection site near you”

If no drug take back sites are available in your area, **and** there are no specific disposal instructions in the medication’s package insert, follow these steps to dispose of unused medications at home.

- Remove personal information on original container.
- Remove medication from original container and place whole pills in plastic bag or empty can that is sealable or has a lid.
- Mix medication (liquid or pills; do not crush tablets or capsules) with dirt, coffee grounds, cat litter, hand sanitizer, or ethyl alcohol. **Do not hide in food.**
- Place the mixture in a bag, box, or plastic tub that you can seal. Secure the container with strong tape.
- Place the sealed container with the mixture and the original container in your trash as close to trash collection day as possible.

If you have any questions regarding disposal of your medication you should call the provider who prescribed the medication or the pharmacy that dispensed the medication.