

## Morphine - Extended Release

Names	The generic drug name is morphine sulfate. MS Contin <sup>®</sup> , Avinza <sup>®</sup> , Kadian <sup>®</sup> are brand names. There may be other names for this medication.
How is it Administered?	Morphine (MOR-feen) ER comes as a tablet or a capsule. Swallow the medication whole. <b>Do not crush, chew, or dissolve the tablet.</b> Doing so can cause rapid release of a potentially fatal dose. If you have trouble swallowing the capsule, open it and sprinkle it on a spoonful of applesauce. Swallow all of the applesauce immediately. Do not chew it and do not let the medicine dissolve in the applesauce. Rinse your mouth with a sip of water afterwards. If the medicine upsets your stomach, take it with food/ milk. Take this medication exactly as prescribed by your provider.
Why Am I Taking Morphine?	Morphine is used to treat moderate to severe pain. Morphine ER releases the medication slowly, over a longer time.
How Does it Work?	Morphine is an opioid (narcotic) analgesic. It works by decreasing the brain and nervous system's response to pain.
What Should I Tell My Doctor Before I Begin?	Tell your doctor if you: <ul style="list-style-type: none"><li>• are allergic to morphine or other opioid analgesics, other medicines, foods, dyes, or preservatives</li><li>• are breastfeeding, pregnant, or trying to get pregnant</li><li>• have had a recent head injury, a brain tumor, seizures, depression, mental problems, or severe curvature of the spine</li><li>• have kidney, liver, heart, or lung disease; breathing problems; problems with urination; or bowel problems</li></ul>

**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 This Medication?

- Keep this medication in the container it came in, tightly closed, and out of reach of children.
- Store it at room temperature and away from light and excess heat and moisture (not in the bathroom).
- If this medication has expired, or if your provider told you to stop taking morphine ER, flush all remaining doses down the toilet to prevent children, pets, and others from coming in contact with the drug.

What Are Some Possible Side Effects?

- Loss of appetite, nausea, and/or vomiting
- Dry mouth
- Constipation
- Drowsiness, lightheadedness, and/or dizziness
- Flushing and/or sweating
- Itching or rash
- Headache and/or mood changes

How Can I Manage These Side Effects?

- Ask your doctor for medication to prevent and treat constipation.
- To help avoid constipation, eat high fiber foods and drink at least 2-3 quarts of fluid every 24 hours, unless you are instructed otherwise.
- 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 your doctor immediately if you have:**

- any sign of an allergic reaction: itching, hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing, dizziness, or fast/pounding heartbeat (palpitations)
- any sign of an overdose: difficulty breathing, excessive sleepiness, hallucinations, fainting, weak muscles, cold and clammy skin, slow heartbeat (pulse) or a bluish color in your skin, fingernails, lips, or around your mouth
- seizures

### **Call your doctor as soon as possible if you have:**

- constipation or vomiting
- lightheadedness, drowsiness, or nausea that does not go away

## What Else Should I Know?

- If you have been taking morphine for an extended period of time, do not stop taking it suddenly. Your doctor may need to decrease your dose gradually to prevent withdrawal symptoms.
- Do not share this medication with anyone else.
- If you miss a dose, take it as soon as you remember. But, if it is almost time for your next dose, skip the missed dose and return to your regular dosing schedule. **Do not take two doses.**
- This drug may cause drowsiness or dizziness. Do not drive a car, operate heavy machinery, or participate in other possibly dangerous activities until you know how it affects you.
- Tell your doctor if your pain is not well controlled, or if you have new or a different type of pain.
- Tell all your doctors and dentists you are taking morphine ER.
- Do not drink alcohol while on this medication.
- For more information about morphine ER, talk to your doctor.