NAVIGATING **OPIOIDS** FOR CHRONIC PAIN

Sometimes the best of intentions lead to devastating consequences. Canada and the U.S. are the two highest consumers of prescription opioids even though we don't have good evidence that they are effective for chronic pain. Since there are many different opioids used for the same purpose, we use morphine equivalence to compare how strong they are.

AS THE NUMBER OF MORPHINE **MILLIGRAM EQUIVALENTS PER** DAY (MME/D) INCREASES, THE HARMS ASSOCIATED WITH OPIOID THERAPY ALSO INCREASE.

0-50 MME/D •

2 tabs/day **Codeine Contin 100mg 30 MME 36 MME** 8 tabs/day Tylenol #3

50-100 MME/D •

60 MME MS Contin 30mg 2 tabs/day

75 MME Percocet 10 tabs/day **Hydromorphone 4mg 80 MME** 4 tabs/day

100-200 MME/D ←

120 MME Hydromorphone SR 12mg 2 caps/day

180 MME OxyNEO 40mg 3 tabs/day

Fentanyl 50mcg Patch **200 MME**

>200 MME/D •

Oxycodone CR 80mg **240 MME** 2 tabs/day

300 MME Hydromorph Contin 30mg 2 caps/day

400 MME Fentanyl 100mcg Patch

> Endorsed by CADTH Evidence Driven.

ASSOCIATION MÉDICALE CANADIENNE CANADIENNE









