

IN THE KNOW:

# Prescription Drugs

## An American Epidemic

Most people who use illicit drugs abused prescription drugs first.

- Opioid prescriptions are up 400% in the last decade.
- 80% of abused prescription drugs come from a relative or friend.

### NO PRESCRIPTION

Using medications not prescribed to you, giving them to someone else or misusing your prescription is dangerous and illegal.

### ABUSE AND ADDICTION

Medications are effective when properly used, but they can be dangerous and addictive, especially when abused.

### SIGNS OF ABUSE

Drug seeking behaviors are the primary indicators of prescription drug abuse.

- Frequent refill requests
- "Borrowing" prescriptions from others
- Taking larger dosages than prescribed
- Seeing many doctors for same condition
- Stealing or foraging for drugs

### DRUGS AND ALCOHOL

Alcohol should never be mixed with prescription drugs. Most overdoses are because drugs and alcohol are mixed.

### GETTING HELP

There are support groups and other ways to get help with prescription drug abuse. Talk to a counselor or your doctor and get on the path to recovery.

# Refuse to Abuse!



### Opioids *to relieve pain*

Rx

\_\_\_\_\_  
PATIENT NAME

\_\_\_\_\_  
ADDRESS

Prescription:

- Codeine
- Morphine
- Methadone
- Fentanyl
- Oxycodone
- Hydrocodone

May cause-

- \* Drowsiness
- \* Constipation
- \* Respiratory failure
- \* Addiction



### Depressants *to reduce anxiety*

Rx

\_\_\_\_\_  
PATIENT NAME

\_\_\_\_\_  
ADDRESS

Prescription:

- Valium
- Xanax
- Seconal
- Phenobarbital
- Ambien
- Lunesta

May cause-

- \* Slowed Brain Function
- \* Slowed Heart Rate
- \* Respiratory failure
- \* Addiction

### Stimulants *to raise alertness*

Rx

\_\_\_\_\_  
PATIENT NAME

\_\_\_\_\_  
ADDRESS

Prescription:

- Ritalin
- Vyvance
- Dexedrine
- Adderall
- Concerta

May cause-

- \* Anxiety and Paranoia
- \* High Temperature
- \* Irregular Heart Beat

### DISPOSAL TIPS

Disposing of prescriptions in a safe manner helps prevent abuse.

- Follow disposal directions on bottle.
- Use community disposal drop-boxes.
- Do not flush medications down the toilet.

