

# Prescription Drugs

## What's the Big Deal?

### WHAT IS PRESCRIPTION DRUG ABUSE?

Using prescription drugs for non-medical reasons or taking prescription drugs that have not been prescribed to you is prescription drug abuse.

#### The most commonly abused drugs are...

<b>Opioids</b>	Pain killers such as OxyCotin, Darvon, Vicodin, Demerol, Fentanyl and Methadone
<b>Central nervous system depressants</b>	Drugs such as Valium, Xanax, Mebaral, Ativan and ProSom. These drugs slow brain activity and are used to treat anxiety and sleep disorders.
<b>Stimulants</b>	Drugs such as Ritalin, Aderall, Dexedrine, and Concerta. These drugs increase brain activity and are used to treat ADHD and narcolepsy.

### HOW DO I DISPOSE OF UNUSED OR EXPIRED MEDICATIONS?

- Crush or mix pills with an undesirable substance, such as coffee grounds or kitty litter, and put them in a waterproof, non-descript container, such as an empty can or in a sealed plastic bag and throw away.
- Scratch off or blacken out your name on the bottle and throw away.
- Flush prescription drugs down the toilet **only** if the label or accompanying patient information specifically instructs doing so.
- Visit this website for more info:  
[http://www.whitehousedrugpolicy.gov/drugfact/factsht/proper\\_disposal.html](http://www.whitehousedrugpolicy.gov/drugfact/factsht/proper_disposal.html)

### SAFETY PRECAUTIONS – WHAT CAN YOU DO?

- Lock up all medications
- Talk to your kids about the dangers of taking medications that aren't prescribed to them
- Learn the signs and symptoms of drug abuse

### RESOURCES

- [www.theantidrug.com](http://www.theantidrug.com)
- [www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)
- [www.drugfree.org](http://www.drugfree.org)

