



## **PRESCRIPTION PAIN MEDICATION**

Prescription Pain Medication called opioids can be used to reduce severe pain and are often prescribed following surgery. These medications are an important part of your recovery but do come with risks. If abused or taken in different amounts than prescribed, they affect the brain and body in ways similar to illicit drugs.

Do you or someone you know struggle with substance abuse?

Call the NH Statewide Addiction Crisis Line

**1-844-711-HELP**

[nhtreatment.org](http://nhtreatment.org)

FOR MORE INFORMATION  
OR QUESTIONS CALL OR VISIT



[www.medicineabuseproject.org](http://www.medicineabuseproject.org)  
1.855.DRUGFREE



[www.lockyourmeds.org](http://www.lockyourmeds.org)  
1.800.705.8997

**"I Wish I Had Known" Campaign**

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# **What Patients Should Know About Prescription Pain Medication**

The Target is...

# **ZERO LEFT**

For The Medicine Cabinet



## RISKS AND SIDE EFFECTS

**Talk about the risks** with your doctor and ask about alternative treatments.

**Take your medication** only as needed, and never more than directed by your medical professional.

**Never combine opioids** with alcohol! Combining them increases the risk of overdose or death.

**If you have a history** of a substance use disorder or mental illness, tell your doctor as they increase your risks.

**Opioids can regulate breathing:** In proper doses, opioids may slow breathing and relax you. But if a person takes too much, he or she can stop breathing entirely.



## SAFE STORAGE

**Out of Sight!** Keeping your pain medication secure and out of sight can prevent them from falling into the hands of someone who wants to abuse them.

**Lock them Up!** Storing your pain medication in a safe or locked cabinet is one of the most effective ways to prevent abuse.

**Two-thirds (66%) of teens** who abuse prescription pain medication are getting them from the medicine cabinets of their home, friends, or family.

## SAFE DISPOSAL

**Dispose of your extra medication!** Use the deactivation bag provided by your medical professional to safely dispose of your extra medication. Or take the extra medication to your local drug take-back site - most commonly your local police department.

## WHAT CAN PARENTS DO?

### Educate Yourself!

Visit the [MedicineAbuseProject.org](http://MedicineAbuseProject.org) for very effective tools, information, resources, and support.



**Communicate the Risks** of prescription pain medication to your children and grandchildren! Children who learn about the risks of prescription drugs are much less likely to become involved.

**Studies show** that parents are not communicating about prescription medication abuse when they talk to their children about street drugs. When misused, prescription pain medication can be as dangerous as street drugs.



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