



Prescription pain medicines that contain opioids are often prescribed following surgery or an injury or illness. These medications are important to your recovery, but present serious risks to you and anyone else who could access them. If abused or taken in different amounts than prescribed, they affect the brain and body in ways that can lead to injury or death.



DO YOU OR SOMEONE YOU KNOW STRUGGLE WITH **SUBSTANCE ABUSE**?

For more information:

 Foundation for
Healthy Communities
www.healthynh.com
603.225.0900

partnership for a
drug free NH
www.drugfreenh.org
1-844-711-HELP (4357)

New Hampshire
Hospital Association
www.nhha.org
603.225.0900

 **CADCA**
www.cadca.org


www.nationalgrange.org


www.mih4u.org


www.zero-left.com


www.phrma.org

 **NH Alcohol and Drug**
TREATMENT LOCATOR
NH Statewide Addiction Crisis Line
1-844-711-HELP (4357)

**NEW HAMPSHIRE'S PRESCRIPTION
DRUG DROP BOX INITIATIVE**
[www.doj.nh.gov/documents/
prescription-drug-drop-box.pdf](http://www.doj.nh.gov/documents/prescription-drug-drop-box.pdf)

THE GOAL IS

 **ZeroLeft**
IN THE MEDICINE CABINET



 **RALI**
New Hampshire
Rx Abuse Leadership Initiative
www.ralinh.org

**What you need
to know about
prescription pain
medication**

RISKS AND SIDE EFFECTS



Talk about the risks and alternative treatment options with your doctor.



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



Never combine opioids with alcohol. Doing so increases the risk of overdose or death.



If you have a history of a substance abuse or mental illness, tell your doctor as this can also increase your risks.

Consider this: Opioids can slow your breathing, and in proper doses, cause relaxation. However if a person takes too much, he or she can stop breathing entirely.



SECURE LOCATION

Out of sight! Keeping your pain medication secure and out of sight prevents them from falling into the hands of someone who might misuse them.

Lock them up! Storing your pain medication in a secure location or locked cabinet is one of the most effective ways to prevent abuse.

Consider this: Two-thirds (66%) of teens who abuse prescription pain medication are getting them from their family or friends' medicine cabinets.



SAFE DISPOSAL

Always dispose of your extra medication.

Talk to your doctor about how to obtain a disposal pouch to properly discard of excess medication in your home.

Another option is to take unused medication to your local drug take-back site. A list of NH take-back locations can be found at www.doj.nh.gov/documents/prescription-drug-drop-box.pdf.

In-home disposal of medication is a secure option if you cannot access a take-back location. Just follow these four easy steps:

1. Take your medications out of their original containers and mix the drugs with an undesirable substance such as coffee grounds or kitty litter.
2. Put the mixture into a disposable container that has a lid such as an empty margarine tub or put it in a sealable bag.
3. Remove any personal information on the original medication container, including the Rx number by taping, covering with a marker, or scratching it off.
4. Dispose of the drug mixture in the sealed container and the empty medication containers in the trash.

WHAT CAN PARENTS DO?

Educate yourself by visiting www.preventmedabuse.org, a project of the Community Anti-Drug Coalitions of America, which includes helpful resources for parents including this fact sheet on [teen medicine abuse](#).

Talk to your children and grandchildren.

Communication about the risks of misusing prescriptions can help keep children from misusing prescription medication. Avoiding that exposure can help reduce the risk of addiction.

Consider this: Studies show that when parents are discussing illicit drugs with their children, very few explain the dangers of prescription medication abuse.

