



**Prescription medication misuse is a major problem. *The Prescription Medication Safety Project* was created to help patients learn about the dangers of misusing prescribed medications and to provide advice for preventing prescription misuse.**

**Director**

**Carol J. Boyd, PhD, RN, FAAN**  
 • Director—Center for the Study of Drugs, Alcohol, Smoking & Health (DASH)  
 University of Michigan School of Nursing

**Contributors**

Kristen G. Anderson, PhD  
 Sean Esteban McCabe, PhD, MSW  
 Vita McCabe, MD, MHSA  
 Christian J. Teter, PharmD, BCPP  
 Traci Rieckmann, PhD  
 Terri Voepel-Lewis, PhD, RN

**DASH Center**

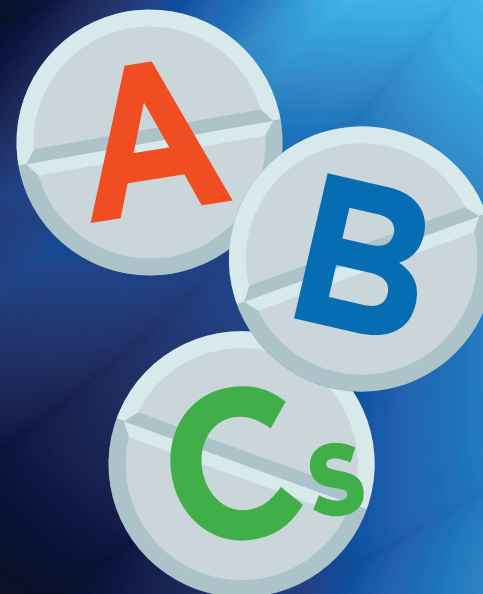
The Center for the Study of Drugs, Alcohol, Smoking and Health is an inter-professional research center based in the University of Michigan School of Nursing. The DASH Center is committed to advancing scholarship, evidence-based prevention, innovative clinical training, and public policy and service related to substance abuse and consequences.

**For more information on the DASH Center, or to order these brochures, go to:**

The DASH Center home page and **click on Order:** <https://nursing.umich.edu/DASHCenter>



**Be smart, do your part!**



**of  
 Prescription  
 Drug Safety**



**6 FACTS  
 About Prescription  
 Medication Misuse...**

**Youth Facts**

**82%** 82% of adults who misused prescription stimulants in the past year **got them from a friend or relative.**

**67%** 67% of adults who misused prescription tranquilizers in the past year **got them from a friend or relative.**

**53%** 53% of adults who misused prescription pain relievers in the past year **got them from a friend or relative.**

**77%** 77% of youth who misused prescription stimulants in the past year **got them from a friend or relative.**

**66%** 66% of youth who misused prescription tranquilizers in the past year **got them from a friend or relative.**

**57%** 57% of youth who misused prescription pain relievers in the past year **got them from a friend or relative.**



# Prescription Drugs

WITH POTENTIAL FOR ADDICTION

## Narcotics

Hydrocodone (Vicodin), hydromorphone (Dilaudid), methadone (Dolophine), meperidine (Demerol), oxycodone (OxyContin, Percocet), fentanyl (Sublimaze, Duragesic), morphine, codeine, products containing codeine, and buprenorphine.

## Non-Narcotics

Benzphetamine (Didrex), phendimetrazine, ketamine, and anabolic steroids such as Depo-Testosterone.

## Stimulants

Amphetamine, d-amphetamine (Dexedrine, Adderall), methamphetamine (Desoxyn), and methylphenidate (Ritalin).

## Anti-Anxiety and Sleep Medications

Alprazolam (Xanax), carisoprodol (Soma), clonazepam (Klonopin), clorazepate (Tranxene), diazepam (Valium), lorazepam (Ativan), midazolam (Versed), temazepam (Restoril), triazolam (Halcion), and zolpidem (Ambien).

## Cough Syrups\*

Cough preparations containing codeine (Robitussin AC, Phenergan with codeine or hydrocodone) and ezogabine.

## Other Medications

Amobarbital, glutethimide, and pentobarbital.

**Note:** The risks of addiction are higher in people with mental or substance use disorders.

\*They consist primarily of preparations containing limited quantities of certain narcotics.

All brand names above are owned by their respective trademark holders.



# Medication Use CONTRACT



PRINT NAME OF PATIENT

Have been advised of the risks and benefits of my prescription.

PROVIDER TO FILL OUT

Name of Prescription: \_\_\_\_\_

Dosage: \_\_\_\_\_

# of pills: \_\_\_\_\_ # of refills: \_\_\_\_\_

## I Will...

**Be Aware**  
Refuse to share my medications with others, it is a felony

**Count and Control my Pills**  
I have been given \_\_\_\_\_ # of pills  
I will store my pills in a secure location

**Dispose responsibly**  
Dispose of my medications responsibly

PROVIDER SIGNATURE

PATIENT SIGNATURE (INCLUDING MINORS)

PARENT/GUARDIAN SIGNATURE (IF A MINOR)

DATE

# THE ABCs of Drug Safety

• Almost 80% of Americans who currently use heroin started with misusing prescription opioids.

• Approximately 75% of adults store medications in locations easily accessed by others.

## As Advised

**Use medications as directed by your health care provider.** Read all directions. Do not take more than prescribed or more often than prescribed. Mixing drugs like narcotics, anti-anxiety medications, and/or alcohol increases the risk of overdose and addiction.

## Control

**Count and control your pills.** Be responsible and store medications in a secure location to avoid theft and limit misuse of leftover medications. Know how many pills you have and count them regularly to see if any are missing.

## Be Aware

**Addictive drugs can harm others. Don't share!** People have died or become addicted by using someone else's prescribed drugs. It is dangerous and against the law. Taking prescription drugs like these while pregnant could hurt the fetus or mother (e.g., baby could become addicted).

## Dispose

**Remove unused or expired medications responsibly.** Remove medications from their original containers and mix with cat litter or used coffee grounds, and throw in the trash. Black out or remove identifiable information from the original container, and discard or recycle. Never flush medications down a toilet.

