



Rx Pain Medications

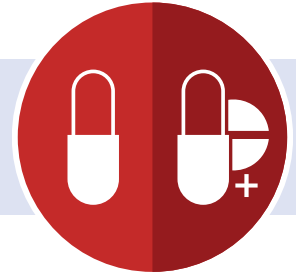
KNOW THE OPTIONS • GET THE FACTS

Dangerous Drug Interactions

Please consult your health care provider before using prescription pain medications with other substances.

Did you know...

According to the CDC, about one-half of deaths from prescription pain medications involve the use of at least one other drug.¹



Mixing opioids with other substances can cause dangerous side effects, including breathing trouble, coma, and even permanent brain damage or death.^{2,3}

If you are taking prescription pain medications, do NOT take the following without first talking to your health care provider:

- **Alcohol** (including beer, wine, and liquor)
- **Antihistamines** (including allergy medications such as Benadryl®)
- **Cough medicine/cough syrup**
- **Barbiturates and benzodiazepines** (often used as sleeping pills and sedatives, such as Ambien®, Xanax®, and Valium®)
- **General anesthetics** (often used for surgery)



To find more information on safer, more effective pain management in the CDC Guideline for Prescribing Opioids for Chronic Pain, visit <http://www.cdc.gov/drugoverdose/prescribing/guideline.html>.

IN CASE OF EMERGENCY

Call 9-1-1 or the National Poison Help number at 1-800-222-1222.



¹ Centers for Disease Control and Prevention. (2016). Drugs most frequently involved in drug overdose deaths: United States, 2010–2014. *National Vital Statistics Report* 65(10).

² National Institute on Drug Abuse. (2016). Misuse of prescription drugs: Is it safe to use opioid drugs with other medications? Retrieved from <http://www.drugabuse.gov/publications/research-reports/prescription-drugs/opioids/it-safe-to-use-opioid-drugs-other-medications>

³ National Institute on Drug Abuse. (2017). Drug facts: Prescription pain medications (Opioids). *NIDA for Teens*. Retrieved from <https://teens.drugabuse.gov/drug-facts/prescription-pain-medications-opioids>



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My Medications

Patient's Name _____

Health Care Provider's Name _____

Health Care Provider's Phone _____

Some medications and supplements may be dangerous or even fatal when combined with opioid pain medications. To prevent any dangerous side effects, it is important to keep a detailed list of all medications or supplements you are taking and to share this information with your health care provider.

Medication	How much?	How often?	Reason?	Prescribed by:

NEED HELP?

Call **1-800-662-HELP (4357)** for 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish, or visit www.samhsa.gov/find-help.

Find more information on safe pain management here: <http://www.cdc.gov/drugoverdose/prescribing/patients.html>

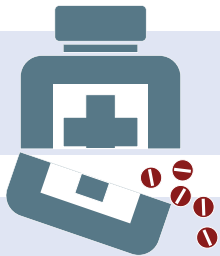




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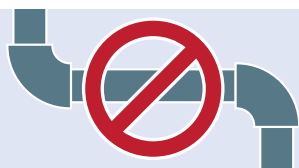
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Safe Disposal of Prescription Medications



Of the 4 billion prescriptions filled in the United States every year, **one-third of them go unused**. That's 200 million pounds of unused medications.¹

Unused medications should be disposed of as soon as possible to limit the possibility of illegal use.



Flushing or dumping down a drain is not the best way to dispose of medication. Sewage treatment systems can't remove all the medications from the water released into lakes, rivers, or oceans in your area.²

So what are the other options?

Medication "Take-Back" Programs

"Take-back" programs allow the public to bring unused drugs to a central location for proper disposal. Call your local government's trash and recycling service to see if a program is available.

In addition:

- The DEA allows you to mail back unused prescription medications to pharmacies and other authorized sites using packages made available at pharmacies and other locations.
- Most states have agency collection boxes overseen by law enforcement or pharmacies. Call the DEA's Registration Call Center to find box locations or other disposal sites: 1-800-882-9539, or go to <https://nabp.pharmacy/initiatives/awarxe/drug-disposal-locator/> or www.deadiversions.usdoj.gov/drug_disposal/index.html.
- Community coalitions and law enforcement in your area may sponsor "medication take-back events" periodically.

Disposal in Household Trash

If these programs are not available in your area, place the drugs in the trash by following these steps:

- Remove them from their original containers and conceal or remove any personal information, including the Rx number, from the container.
- Mix the medications with something inedible, such as coffee grounds or kitty litter.
- Place the empty container and the mixture in a sealed bag or empty can.

For more information, go to <https://www.epa.gov/research> or <https://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/safedisposalofmedicines/default.htm>.



¹ Dispose My Meds. (n.d.). You and the environment. Retrieved from <http://disposemymeds.org/environmental-impact/>

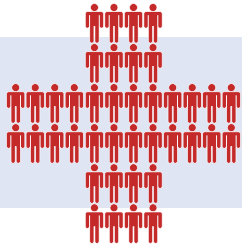
² United States Geological Survey. (2014). Pharmaceuticals, hormones, and other organic wastewater contaminants in U.S. streams. Retrieved from <http://toxics.usgs.gov/pubs/FS-027-02/pdf/FS-027-02.pdf>



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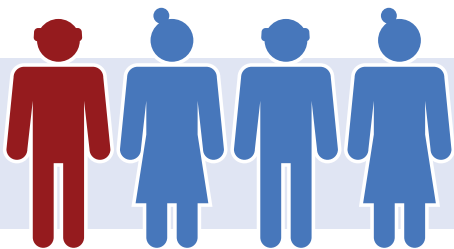
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Safe Storage of Prescription Medications



From 2006 to 2012, there were **21,928 pediatric** (age 18 or younger) Emergency Department visits for prescription opioid poisonings, and more than half were unintentional.¹

Children under six years of age account for 46.8 percent of all human exposure calls to poison centers.²



Nearly 1 out of every 4 grandparents say they store prescription medication(s) in easy-access places, and 18 percent keep over-the-counter medication(s) in accessible places.³

What You Can Do

- Make sure your medications are out of sight and out of reach from children and guests. Lock boxes work well.
- Teach your children about medication safety. Never tell children medication is candy to get them to take it.
- Make sure the safety cap is locked. Twist until you hear the click or you can't twist anymore.
- Keep track of how much medication you've used and keep a list of all medications in the house.
- Ask houseguests and visitors to keep purses or coats that have medication(s) in them out of sight when they're in your home.

When You're Away From Home

- When packing for a trip, keep your medication(s) in their original child-resistant containers.
- When staying in a hotel, secure your medication(s) in a passcode-protected hotel room safe.

IN CASE OF EMERGENCY

Call 9-1-1 in case of overdose or the National Poison Help number at 1-800-222-1222 for more information.



¹ Substance Abuse and Mental Health Services Administration. (2013). Emergency Department visits among children: Psychotherapeutic drugs involved in adverse reactions or taken by accident. *The DAWN Report*. Retrieved from <https://www.samhsa.gov/data/sites/default/files/Spot097-PsychotherapeuticRxChildren/Spot097-PsychotherapeuticRxChildren.pdf>

² Mowry, J. B., Spyker, D. A., Brooks, D. E., Zimmerman, A., & Schauben, J. L. (2016). 2015 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 33rd Annual Report. *Clinical Toxicology*, 54(10), 924–1109. Retrieved from https://aapcc.s3.amazonaws.com/pdfs/annual_reports/2015_AAPCC_NPDS_Annual_Report_33rd_PDF.pdf

³ C.S. Mott Children's Hospital National Poll on Children's Health. (2012). Easy-access medication(s) a poisoning risk for kids at home. Retrieved from: <http://mottnpch.org/reports-surveys/easy-access-medicines-poisoning-risk-kids-home>