

Opioids and Prescription Drugs

FACTS ABOUT PRESCRIPTION MEDICATION

What is prescription medication?

It's a drug that you can take legally if your doctor prescribes it. Prescription drugs are mostly safe if you take them under a doctor's care.

Have I ever used prescription drugs?

If you've had dental work, surgery, a sports injury, or if you have ADHD or other conditions like that your doctor might prescribed them for you.

Can I get addicted?

If you misuse prescription medication, you are at risk for addiction. Even if you use your medication like your doctor tells you to, you can still be at risk for addiction.

What is "misuse"?

Taking your own prescription medication other than how your doctor tells you, taking a friend's prescribed medication, taking prescription medication to get high (called recreational use), or mixing it with other drugs or alcohol.

How can I take them safely?

Take them like your doctor tells you to. Tell your doctor or a trusted adult if you feel sick or have side effects from the drugs.

What are Opioids and Opiates?

OPIOIDS

are man-made. Prescription painkillers and heroin are opioids.

OPIATES

are made from the opium poppy plant. Morphine and codeine are examples of opiates.

How do they work in my body?

Opioids and opiates both work the same way. They attach to your nerve cells and block pain messages sent from your body to your brain. They also release a pleasure chemical called "Dopamine". That's why you might feel a rush of happiness when you take opioids.

The good and the bad

Opioids and prescription drugs can help reduce pain, treat illnesses and injuries, and help manage ADHD and other conditions. They can also cause dry mouth, feeling or being sick, fuzzy thinking, depression, and addiction. Misusing opioids and prescription can cause an overdose and even death.

Addiction and Withdrawal

People **ADDICTED** to opioids have lost the control to say no to the drug. It's like being really hungry because you haven't eaten in a long time.

People in **WITHDRAWAL** from opioids can feel sick, have the shakes, throw up, be unable to sleep, and have pain.

What about treatment and help?

Quitting opioids can be hard, but it's possible. There is **HOPE**. Quitting shouldn't be done cold turkey. Medication can help. Counseling and therapy are important. So is support and understanding from family and friends.

It's ok to talk about it and to have questions. If you want help with opioids or prescription drug use, or just want to talk, you can call (site clinician)