



KNOW MORE **before you** **TAKE MORE**

Prescription drug abuse is a serious public health issue that can be faced effectively with the right resources.

- **Change the Script** is a program that connects everyone whose lives are affected by the prescription drug crisis: healthcare professionals, treatment professionals, and the general public.
- **Change the Script** offers resources to help rewrite the story about how we deal with this issue, including prevention measures, treatment and recovery programs, prescriber education, safe storage and disposal information, and much more.

CHANGE **the SCRIPT**



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For resources, go to drugfreet.org

CHANGE the SCRIPT

**PREVENTION, TREATMENT,
and RECOVERY for people
facing PRESCRIPTION DRUG
MISUSE and ADDICTION**

PREVENTION

You can stop opioid misuse and addiction before it starts.

- Ask about **non-opioid approaches** to pain relief.
- **Never** change your dosage or stop medication without talking to your health care provider first.
- **Know the hazards of drug interactions**, including alcohol. A pharmacist can help if you have questions.
- **Never** use another patient's prescription.
- **Store all prescription drugs – including opioids – safely and securely.** More than 50% of opioid misuse originates with excess pills being used by others who have access to the prescription drugs.
- **Properly dispose of prescription medications when you are finished using them.**

TREATMENT

Effective methods are available.

- **Medication Assisted Treatment** combines medication with behavioral counseling for a “whole patient” approach.
- **Extended-release medications** eliminate the need for daily dosing and improve treatment.
- **For addiction treatment 24/7 call 1-800-563-4086**
- **“Pain” can be emotional** or a sign of a mental health condition, and many people with opioid abuse problems suffer from depression or other mental health issues that can be treated.
- **Medication Tapering** involves working with your doctor to decrease your dosage gradually over a period of time.

RECOVERY

Get the support you need.

- **Join with others who are facing the same situation.** 12-step programs such as Narcotics Anonymous are proven to help.
- **Build a support system.** This means asking for help from people you can trust.
- **Avoid high-risk situations.** Avoid people you know who misuse opioids and other drugs. Set boundaries around your recovery and enforce them.
- **Have strategies for avoiding a return to use.** Know the signs. Have someone to call. Know how to distract yourself for 15-30 minutes. Learn how to relax. Do your recovery in small chunks of time. Access resources online.



Go to **drugfreect.org** to access a range of resources.

If you think you may be struggling with addiction, ask your health care provider what to do or call the 24/7 Access Line at **1-800-563-4086**

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



CHANGE the **SCRIPT**

Change the Script is a new statewide campaign that connects everyone whose lives are affected by the crisis: health care professionals, treatment professionals, and everyday people. With **Change the Script**, people can access the resources they need to face opioid misuse and write a new story about how we deal with this issue.

RISKS ARE GREATER WITH:

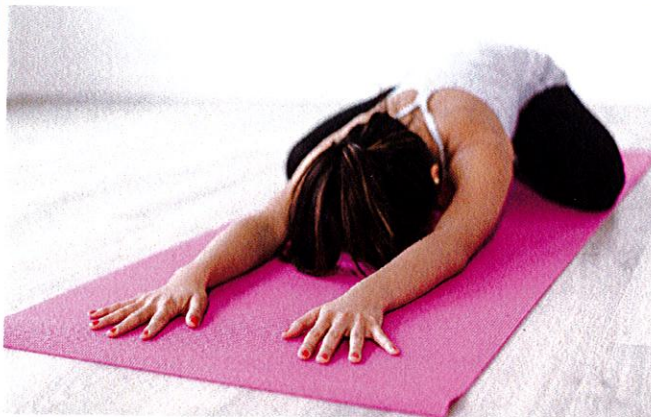
- History of drug misuse, addiction, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy



KNOW YOUR OPTIONS

Talk to your doctor about other ways to manage pain:

- Pain relievers such as acetaminophen, ibuprofen, and naproxen
- Physical therapy and exercise
- Cognitive behavioral therapy (CBT)
- Meditation
- Acupuncture



Source: CDC www.cdc.gov/drugoverdose/opioids/ and SAMHSA www.samhsa.gov

WHAT YOU NEED TO KNOW ABOUT PRESCRIPTION OPIOIDS



Prescription opioids, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others, can be used to help relieve moderate-to-severe pain. They are often prescribed after surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the care that is safest and best for you.

RISKS AND SIDE EFFECTS

Prescription opioids carry serious risks of **addiction and overdose, especially with long-term use.** In an opioid overdose there is often slowed breathing, which can cause sudden death. There can also be a number of side effects with prescription opioids, even when taken as directed:

- Increased tolerance
- Physical dependence
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Confusion
- Sleepiness and dizziness
- Depression
- Lowered testosterone
- Itching and sweating

SIGNS OF OPIOID USE DISORDER

Drug misuse occurs when someone uses a medicine beyond how it is prescribed, usually to get high, or relieve anxiety or distress. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), opioid use disorder involves:

- Strong desire to use opioids
- Inability to control or reduce use
- Development of tolerance
- Having signs of withdrawal after stopping or reducing use
- Trouble meeting social or work commitments
- Having legal problems due to drug use
- Spending large amounts of time to get opiates

If you think you may be struggling with addiction, ask your health care provider what to do or call the 24/7 Access Line at

1-800-563-4086

IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- Take medication as prescribed by your doctor.
- Keep your appointments with your doctor.
 - Work together to create a plan on how to manage your pain.
 - Talk about any and all concerns and side effects.
- Help prevent misuse and abuse.
 - Never sell or share prescription opioids.
 - Never use another person's prescription opioids.
- Store prescription opioids in a secure place and out of reach of others.
- Safely dispose of unused prescription opioids: Find your community drug take-back program, your pharmacy mail-back program, or visit www.drugfreect.org for more info.
- Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- Always talk to your doctor before making a decision to stop or change your medication.



Source: CDC www.cdc.gov/drugoverdose/opioids/ and SAMHSA www.samhsa.gov