

# ABCs of Prescription DRUG SAFETY



## Be smart, do your part!

Prescription medication abuse is a major problem. Be aware and know the dangers of misuse and addiction.

### 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.

For more information, ask your doctor or go to the DASH Center home page:  
<https://nursing.umich.edu/DASHCenter>