



TakeChargeOhio

Manage Pain.
Prevent Medication Abuse.



Take Charge of Pain Medication Safety

Before you take any type of prescription pain medication, it is important to be aware of the risks involved as well as safe medication practices, including tips on how to properly consume, store, and dispose of medication.



Be Aware of The Risks

Before taking a prescription medication, it is important to be aware of the risks involved, including:

- Psychological dependence or addiction
- Unintentional overdose
- Serious side effects, such as sedation, nausea, or vomiting
- Individuals stealing or accessing your prescribed medications

Other Ways to Safely Manage Pain

Before being prescribed pain medication, ask your doctor about other ways to manage pain:



Non-Opioid
Pain Medications



Non-Medication Treatment

Safe Pain Management Practices Start with You

If you decide to take pain pills, it is important to do the following:

- Only use prescription medications as directed by a health professional.
- Most pain medications are prescribed as needed for pain and can be safely stopped if the pain has subsided, even if there are some pills left. If you have questions or concerns about stopping your pain medication, please do not hesitate to contact your physician to discuss.
- Never share or use someone else's prescription medication. Remember that sharing or taking medications that are not prescribed by a doctor may be a felony.
- Always store and dispose of your medication safely to prevent others from taking medications.
- Be a good example to those around you by modeling safe medication habits and discussing medication safety with your family, friends, etc.

Safe Storage Practices

After being prescribed a prescription pain medication, consider the following medication storage options:



Store your medication in the original container and out of sight.



Keep medication in a locked container, drug-safe cabinet, or drawer, and out of the reach of children and pets.



If you have leftover medication, it is important to safely dispose of any unused or remaining pills.

Safe Disposal Tips

Once finished with a prescription pain medication, consider the following medication disposal options:



Read the materials that came with your prescription to see if there are any special instructions for disposing of unused medication.



Take advantage of local drug take-back events or community drop boxes like rxdrugdropbox.org.



Dispose of unused medications in the trash with an unpleasant substance such as coffee grounds or cat litter.



Visit FDA.gov to find a list of medications that can be flushed.

For more information on safe pain management tips, visit TakeChargeOhio.org

