

The elderly and prescription drug misuse and abuse

If you are at risk for a prescription pain medication overdose or care for someone who is at risk, talk to your healthcare providers or pharmacist about getting Naloxone.

Recommendations:

- Talk openly with your provider about managing your pain. Ask about alternative pain medications
- Take opioids exactly how they are prescribed. Do not change your dose or take opioids for another reason than why they were prescribed without talking to your provider first



An opioid overdose needs immediate medical attention.

To get help:

Dial 911 immediately

Massachusetts law protects you! You will not get in trouble.

Naloxone for opioid safety



What else can you do?

- Never share, sell or trade opioids
- Keep your medicine in a safe place that only you know about
- Get pain medications from one provider only
- Get rid of all unused medications when your pain is controlled



Safe Medicine Disposal

Got drugs? Chances are you have some expired and unwanted medications in your home. Let's dispose of them correctly.



**Opioid
addiction is
very serious.
It can happen
to anyone.
It's impacting
all races and
income levels.**

**Misuse can
result in
overdose and
even death.**

Common opiates include:

- Morphine (Kadian, Avinza)
- Codeine (Tylenol #2, #3, #4)
- Oxycodone (Oxucontin, Percodan, Percocet)
- Hydrocodone (Lortab, Lorcet, Vicodin)
- Propoxyphene (Darvon)
- Fentanyl (Duragesic)
- Hydromorphone (Dilaudid)

Common central nervous system depressants include:

- Benzodiazapines
- Diazepam (Valium)
- Alprazolam (Xanax)
- Chlordiazepoxide HCl (Librium)



Do not flush!!!

Never flush medication down the toilet or throw in the trash as it can seep into our drinking water.

4 Disposal Options

1. Dispose your meds at the Mashpee Wampanoag Tribe drug drop box in the Community and Government Center
2. Use the Mashpee Police Station kiosk, open 24 hours per day
3. Ask your local pharmacy about mail-back programs for meds
4. Drop meds off at the Cape Cod Hospital pharmacy kiosk