



If you have medication questions, ask your doctor or pharmacist.

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Controlled What You Need To Know Substances



Controlled substances are drugs that are tracked by the federal and state government. Some controlled substance drugs are used to treat pain, anxiety, insomnia, and ADHD/ADD (attention deficit disorder). Mixing these drugs from different doctors or pharmacies can cause harm to you. Some people can become addicted or abuse them. That's why the government keeps track of controlled substances.

For your safety, always follow these tips when taking your controlled substance medication(s).

- ▶ If possible, have one doctor who oversees your care and has access to all your medical records.
- ▶ Tell your doctor about all the medications and herbal supplements you use.
- ▶ Do what your doctor tells you about how to take your medications.
- ▶ Do not drink alcohol or take products that contain alcohol (ethanol) while taking this medication.
- ▶ Use the same pharmacy for all your prescriptions.
- ▶ If you have medication questions, like side effects, ask your doctor or pharmacist.
- ▶ Keep your medication(s) in a locked and secured location.
- ▶ Ask for a refill in plenty of time so that you don't run out.
- ▶ Don't let others use your medications and don't use other people's medications – it's illegal!
- ▶ If you have unused drugs, ask your doctor or pharmacist about how to properly get rid of them.

Controlled Substances



You may be taking controlled substances for one of the following conditions. If so, read about your condition so you can learn about some alternatives to controlled substances.

Pain, pain, go away!

Pain is the main reason people go to the doctor's office. Whether it's a toothache, back pain or migraine, people want to feel better. Today there are several treatment options you can use to help lessen the pain. Ask your doctor about any one of these non-medication therapies:

- Special diet
- Exercise
- Cognitive therapy for pain control
- Other non-medication therapies

Restless thoughts

Anxiety disorders are very common. They include general anxiety, panic, post-traumatic stress, phobia, and many more. Anxiety disorders can deeply impact a person's thoughts, behavior, and emotional wellbeing. While medications are effective in treating anxiety, they work better with counseling.

Sleepless nights

When a person has trouble going to sleep or staying asleep, he or she may have insomnia. Insomnia is a symptom, usually brought on by depression, stress, anxiety, or chronic pain.

Sometimes dealing with these conditions will work. Other things you can do to get a good night's sleep are:

- Go to bed and wake up at the same time everyday.
- Have a relaxing bedtime routine, like taking a warm bath.
- Do not eat or drink anything that contains caffeine several hours before going to bed.
- Limit your use of decongestants, alcohol and tobacco.
- Don't watch TV in your bedroom.
- Ask your doctor if your medications keep you awake.

Out of focus

If you or your child has Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD), medication alone may not be enough. Support at home and school, along with counseling, can help you or your child succeed. Here are some therapies and treatment interventions that might help:

- Behavior management
- Social skills training
- Family therapy
- Special education services
- Monitoring diet

