



"I wish someone would have told me..."

How I can avoid the problems associated with misusing or abusing prescription medications

**There are steps I
can take to avoid
this problem**



Know the Good, the Bad, and the Ugly
about YOUR medications.

For more info visit: [go.osu.edu/
RespectTheRx](http://go.osu.edu/RespectTheRx)



"I wish someone would have told me..."

What can I do to avoid the problems associated with these medications?

Only use medications as directed by your healthcare providers – they are prescribed for you only, based on your specific condition.



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"I wish someone would have told me..."

What can I do to avoid the problems associated with these medications?

Do not share your medications with others, or take medications prescribed for someone else.



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"I wish someone would have told me..."

What can I do to avoid the problems associated with these medications?

Tell each healthcare provider you see about all of your medications, even non-prescription medications or supplements.



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"I wish someone would have told me..."

What can I do to avoid the problems associated with these medications?

Learn about your medications and ask your healthcare providers questions like "Why am I taking this medication?" "How long should I be taking it?"



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"I wish someone would have told me..."

What can I do to avoid the problems associated with these medications?

Learn about your medications and ask your healthcare providers questions like "What things should I avoid while on this medication?" "What side effects should I look out for?"



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"I wish someone would have told me..."

What can I do to avoid the problems associated with these medications?

Always store medications in a safe place. Properly dispose of unused medications once you no longer need them.



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What can I do to avoid the problems associated with these medications?

Teach your children and others in your life safe medication practices by being a role model.



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"I wish someone would have told me..."

What can I do to avoid the problems associated with these medications?

Talk to your friends and family about this problem. The more people know about it, the more we can prevent the problem.



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"I wish someone would have told me..."

What can I do if I think I have a problem?

Seek help if you have a
problem with prescription
medication abuse or
addiction.



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"I wish someone would have told me..."

Where can I seek help if I am abusing medications or addicted to them?

Talk to your healthcare providers, they want to help you live a healthy life and can play an important role in your recovery.



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"I wish someone would have told me..."

Where can I seek help if I am abusing medications or addicted to them?

There are online resources you can use to learn about treatment options:

<http://findtreatment.samhsa.gov>
and

<http://timetogethelp.drugfree.org>



http://

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