

Controlled Substance Safety

- Controlled substances include narcotic pain medicines, codeine cough medicine, muscle relaxers, attention-deficit medicine, anti-anxiety drugs, and sleeping pills.
- They are dangerous drugs whose use is tightly controlled by law.
- They are also "psychoactive" drugs, that addicts can use to get high.
- Many patients, friends and families of patients, and doctors have gone to prison, been robbed, and been assaulted over the years, because of these drugs.
- *Don't let this happen to you!*

Please follow all these 10 rules:

1. Keep your controlled medications safely **locked**. (You can buy a steel locking box for about \$20.) Keep the locked box **hidden**.
2. Only carry **one day's supply** with you. Keep it in your pocket or otherwise **on your person** (not in your car or a locker at work, for example).
3. If you get more than one month's worth of prescriptions, **turn them all in at your pharmacy** and make sure they are entered in the computer there.
4. **Do not accept incorrectly written prescriptions** from any doctor. A correct prescription, by law:
 - is dated on the day the prescription was written and not on any other day
 - gives your name, age or date of birth, and address
 - may have a later 'fill date', for example: "May be filled on July 30th, 2010 or later"
 - it is helpful (though not required) if the prescription gives the maximum number of pills that can be taken per day, so this is clearly labeled on the bottle and you do not forget.If your doctor writes prescriptions incorrectly, you and your doctor could be charged as drug dealers.
5. When you have an empty pill bottle, tear off or black out the identifying information, then throw it away. **Do not save empty bottles** in your house.
6. **Do not tell friends** about your prescriptions. (Word gets around, and you can become a target for robbery.)
7. If you think your pain medicine has been stolen, **report it to the police** immediately, and ask for a copy of your police report. You must do this even if you think it was stolen by a friend or family member. If you do not report it, you could be charged as a drug dealer.
8. **Take your medicine on a schedule**, by the clock, unless you have carefully discussed "as needed" use with your doctor. **Do not take more than the maximum daily amount for any reason.** (If you need "extra" for a new problem -- examples: sprained ankle, toothache, car crash -- do not use your regular prescription. Make a plan with your doctor's help, to manage both your regular chronic pain plus the new problem.)
9. **If you run out early** because of using "extra," or because your medicine was lost, stolen, or destroyed, **do not expect your doctor to provide an early refill.** Instead, ask how you should deal with any withdrawal and uncontrolled pain or other symptoms.
10. **Do not use medication belonging to anyone else**, even a close family member, and **do not give even one pill to anyone else.** If you did these things, for any reason, you and the other person could be charged as a drug dealer.

for more details about the law, see <http://www.deadiversion.usdoj.gov/pubs/manuals/pract/index.html>

for news about cases and changes in the law, see <http://www.deadiversion.usdoj.gov/index.html>

for examples of patients & doctors who have been charged as drug dealers, see <http://doctordeluca.com>