PREScription AND OVER-THE-COUNTER
DRUG GUIDE

A parent’s guide to the legal drugs kids are using and abusing

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AT DRUGFREE.ORG
**ASK THE EXPERT**

A conversation with Steve Pasierb, President and CEO of The Partnership at Drugfree.org

As President and CEO of The Partnership at Drugfree.org, Steve Pasierb is a national leader on the topic of teen drug use and abuse. He is a frequent commentator for the national and local news media on drug safety issues and the current trends in teen drug use. In collaboration with Be Smart. Be Well., Steve is working to raise awareness of prescription and over-the-counter drug abuse and offers advice for keeping kids safe from drug use and abuse. See the complete video at besmartbewell.com/spotlight-newsletter.

**BESMARTBEWELL:** Why are young people abusing prescription drugs?

**STEVE PASIERB:** Kids are coming to prescription drug abuse for very specific reasons. Some aim to get high as a way of dealing with stress and depression in their lives. Some children are very tactical; they use prescription drugs in order to do better at school. So kids usually have a very sophisticated usage approach when it comes to these drugs. It is not just as simple as using them to go out and get wrecked.

**BESMARTBEWELL:** What over-the-counter drugs are most abused by teens and young adults?

**STEVE PASIERB:** What kids seek in over-the-counter drugs is an active ingredient in cough medicines, dextromethorphan, which gives them a drunk, dreamy, disassociated kind of feeling. Many kids become dependent on it, though. It has transitioned from a fringe behavior to something more mainstream. One in 10 kids in America have abused cough medicine.

**BESMARTBEWELL:** What is the right age to talk with your kid about drugs, and how do I go about it?

**STEVE PASIERB:** The average age of first-time drug use in America is about 13-and-a-half years old. We encourage parents to have an age-sensitive conversation, not a “big drug talk.” If your kids are in middle school, you can say: “What are you hearing in school? What is going on? Who are your friends?” That gets you in. As your kid ages, you should ratchet up the specificity of the conversation. Try, “What have you heard about this Ecstasy drug? Anybody in school talk about it?” This way, you’re not giving them a lecture on the harms of Ecstasy; you’re having a general conversation. The net of the conversation to your kid is that you’re worried, and that this isn’t an acceptable thing in your lives and family. That type of conversation is incredibly powerful, but it isn’t a lecture or a threat. Just a conversation.
## PRESCRIPTION AND OVER-THE-COUNTER DRUG GUIDE

### A parent’s guide to the legal drugs kids are using and abusing

<table>
<thead>
<tr>
<th>WHAT IS IT?</th>
<th>Codeine</th>
<th>Fentanyl</th>
<th>Morphine</th>
<th>Oxycodone HCL</th>
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<tr>
<td>Codeine is a prescription pain reliever that may be used to relieve mild to moderate pain and to reduce coughing when used in combination with other medications.</td>
<td>Fentanyl is a powerful pain reliever typically used to treat severe pain or pain after surgery.</td>
<td>Morphine is a powerful prescription pain reliever prescribed to relieve moderate to severe pain and is highly addictive.</td>
<td>Oxycodone HCL is a prescription pain reliever that may be prescribed to relieve moderate to severe pain. It can be combined with other medications, including acetaminophen and ibuprofen.</td>
<td></td>
</tr>
</tbody>
</table>

| BRAND/COMMERCIAL NAMES | Codeine, Capital and Codeine®, Fiorinal® with Codeine (as a combination product containing Codeine Phosphate, Aspirin, Butabarbital, and Caffeine), Guiatussin® with Codeine , Mytussin® AC Cough Syrup, Robafen AC® Syrup, Robitussin A-C® Syrup, Tussi-Organidin®-S NR, Tylenol with Codeine (No. 2, No. 3, No. 4®) | Actiq®, Fentora®, Duragesic®, Sublimaze® | Roxanol®, Duramorph® | OxyContin®, Percocet®, Tylox®, Roxicodone®, Roxicet® |

| STREET NAMES | T3s, AC/DC, Coties | Apache, China Girl, Patches, Dance Fever | M, Miss Emma, Monkey, White stuff | Oxy, O/C, Orange Crush, Oscar, Ocean, Blues Clues-Roxi |

| LOOKS LIKE | Tablet, Capsule, Liquid | Dissolving tablet, Liquid for injection, Lollipop, Lozenge, Transdermal patch, White powder | Tablets, Liquid, Powder, Patch (included in part of fentanyl patch Duragesic©) | Tablets, Liquid, Powder, Patch |

| HOW IT IS USED | Swallowed | Injected, Smoked, Snorted | Injected, Swallowed, Smoked | Swallowed, Snorted, Injected, Rectally |

| DANGEROUS BECAUSE | Side effects when abused include: Difficulty breathing or swallowing, rash, itching, hives, changes in vision, seizures, and fast, pounding or irregular heartbeat | Serious side effects include: Weak or shallow breathing, severe weakness, drowsiness, confusion, cold or clammy skin, feeling light-headed, fainting, coma | Both physical and psychological addiction can develop quickly with morphine. Serious side effects of use include: Sedation, respiratory depression and arrest, unconsciousness, coma, death | Abuse of Oxycodone can result in severe respiratory depression and death. |

| TEEN USAGE | 1 in 5 teens have abused a prescription pain reliever | 1 in 5 teens have abused a prescription pain reliever | 1 in 5 teens have abused a prescription pain reliever | 1 in 5 teens have abused a prescription pain reliever |

| IMPORTANT TO KNOW | Sixty percent of teens who have abused prescription painkillers did so before age 15. | Nine million teens surveyed say they can get prescription drugs in a day. | Abusing prescription painkillers is just as dangerous, addictive and deadly as using heroin. | Twenty percent of teens report buying pain relievers from a friend or relative or taking the drug from a friend or relative without asking (Rx report from ONDCP, 2007). |

| SIGNS OF ABUSE | Nausea, constipation, confusion, sedation, respiratory depression and arrest, addiction, unconsciousness, coma, euphoria/feelings of joy, drowsiness/lethargy, concentration problems, change in physical activity, pinpoint pupils, appetite changes | Nausea, vomiting, stomach pain, constipation, dizziness, drowsiness, headache, swelling, unconsciousness | Nausea, constipation, confusion | Constipation, nausea, sedation, dizziness, vomiting, headache, dry mouth, sweating, weakness, mental clouding, pinpoint pupils |

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## Hydrocodone bitartrate with acetaminophen

- **What is it?** Hydrocodone bitartrate is a prescription medication often combined with acetaminophen (which increases the effect of the hydrocodone) to relieve moderate to severe pain. In the United States there are over 200 products containing hydrocodone with acetaminophen (Vicodin, Lortab). Hydrocone is also combined with aspirin (Lortab ASA), ibuprofen (Vicoprofen) and antihistamines (Hycomine).
- **Dangerous because** Higher doses cause irritability, paranoia, suicidal thoughts, unusual excitement, fever, life-threatening withdrawal, impaired memory, judgment and coordination.
- **Important to know** Most teens get their prescription drugs from their own family’s medicine cabinet. Fifty-five percent of teens agree it is easy to get prescription drugs from their parent’s medicine cabinets.
- **Signs of abuse** Nausea, constipation, confusion, euphoria, mental clouding, changes in sleep (increase when using, insomnia/irritability when withdrawing), acting as if in “stupor,” pinpoint pupils, problems with academics/extra-curricular activities.
- **How it is used** Tablets, Liquid
- **Street names** Vike, Watson-387, Hydro, Tuss
- **Look like** Tablets, Liquid
- **Brand/commercial names** Hydrodan®, Lorcet®, Lortab®, Vicodin®, Vicoprofen®, Tussionex®, Norco®
- **How to get in cabinet** Tablets (small olive green, oblong tablet with the number 542)

## Barbiturates

- **What is it?** Barbiturates are central nervous system depressants that slow down the mind and body, causing drowsiness and sleepiness.
- **Dangerous because** Side effects of abusing barbiturates include: impaired motor coordination, drowsiness, lethargy, fatigue, impaired thinking and memory, confusion, depression, altered vision, slurred speech, stupor, vertigo, tremors, respiratory depression, nausea, constipation, dry mouth, abdominal discomfort, loss of appetite, vomiting, diarrhea.
- **Important to know** Abusing barbiturates with alcohol can slow both the heart rate and respiration and possibly lead to death.
- **Signs of abuse** Slurred speech, shallow breathing, sluggishness, fatigue, disorientation, lack of coordination, dilated pupils
- **How it is used** Injected, Swallowed
- **Street names** Barbs, Block Busters, Christmas Trees, Golf Balls, Pinks, Red Birds, Red Devils, Reds and Blues, Phennies, Toosies, Yellows, Yellow Jackets
- **Look like** Multi-colored tablets and capsules
- **Brand/commercial names** Amytal®, Nembutal®, Seconal®, Phenobarbital, Tuinal
- **How to get in cabinet** Tablets, Liquid
- **How to get in cabinet** Injected, Swallowed

## Benzodiazepines

- **What is it?** Benzodiazepines are among the most commonly prescribed depressant medications in the United States today. More than 15 different types of benzodiazepine medications exist. They are prescribed for relaxation, calmness, and relief from anxiety and tension. Some benzodiazepines are used to treat seizures or insomnia or other conditions.
- **Dangerous because** Side effects of abusing benzodiazepines include: impaired motor coordination, drowsiness, lethargy, fatigue, impaired thinking and memory, confusion, depression, altered vision, slurred speech, stupor, vertigo, tremors, respiratory depression, nausea, constipation, dry mouth, abdominal discomfort, loss of appetite, vomiting, diarrhea.
- **Important to know** Abusing sedatives with alcohol can slow both the heart rate and respiration and possibly lead to death.
- **Signs of abuse** Long-term effects of benzodiazepines include: Slowed reflexes, long periods of sleep or drowsiness, memory loss, disorientation, confusion, slurred speech, muscle weakness, lack of coordination, impaired thinking, memory, and judgment
- **How it is used** Injected, Swallowed
- **Street names** Sticks, BenZ, Footballs, Bars, French Fries, Ladders
- **Look like** Tablets, Liquid
- **Brand/commercial names** Ativan®, Halcion®, Librium®, Valium®, Xanax®
- **How to get in cabinet** Tablets, Liquid
- **How to get in cabinet** Injected, Swallowed

## Flunitrazepam

- **What is it?** Flunitrazepam may be prescribed to treat insomnia or given prior to anesthesia. It is a derivative of Benzodiazepine. It is not available in the United States but is available in 60 other countries
- **Dangerous because** Side effects of abusing flunitrazepam include: Impaired motor coordination, drowsiness, lethargy, fatigue, impaired thinking and memory, anterior grade amnesia, nausea, constipation, dry mouth, abdominal discomfort, loss of appetite, vomiting, diarrhea.
- **Important to know** Rohypnol has become infamous for being known as the “date rape drug” due to its ability to be easily mixed into liquids and fast acting side effects, coupled with short term memory loss. Abusing sedatives with alcohol can slow both the heart rate and respiration and possibly lead to death.
- **Signs of abuse** Slurred speech, shallow breathing, sluggishness, fatigue, disorientation, lack of coordination, dilated pupils
- **How it is used** Swallowed, Crushed, Snorted
- **Street names** R-Z, Mexican Valium, Rophies, Roofies, Circle
- **Look like** Tablets (small olive green, oblong tablet with the number 542)
- **Brand/commercial names** Flunitrazepam
- **How to get in cabinet** Tablets (small olive green, oblong tablet with the number 542)

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## Amphetamine

**What is it?**
It is a stimulant because it mimics the effect adrenaline has on the body. Amphetamines may be prescribed for the treatment of ADHD and a sleep disorder called narcolepsy.

**Brand/Commercial Names**
Biphetamine, Dexedrine®, Adderall®, Concerta®

**Street Names**
Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers, Addies, A Train

**Looks Like**
Tablets, Capsules, Powder

**How it is used**
Injected, Swallowed, Snorted

**Dangerous Because**
Can cause rapid or irregular heartbeat, delirium, panic, psychosis, and heart failure.

**Teen Usage**
1 in 10 teens have abused Adderall or Ritalin

**Important To Know**
Teens (12 to 17 years) who abuse stimulants are more likely to engage in other delinquent behavior such as fighting or selling drugs.

**Signs of Abuse**
Reduced appetite, weight loss, nervousness, insomnia, aggressiveness, impulsive behavior, dilated pupils (can’t see eye color), high body temperature

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## Methylphenidate

**What is it?**
Methylphenidate is the most commonly prescribed central nervous stimulant use to treat ADHD. It may also be used to treat a sleep disorder called narcolepsy.

**Brand/Commercial Names**
Ritalin®

**Street Names**
JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R

**Looks Like**
Tablets

**How it is used**
Injected, Swallowed, Snorted

**Dangerous Because**
Increased blood pressure, heart rate and body temperature; feelings of hostility and paranoia; serious cardiovascular complications, including stroke, dilated pupils

**Teen Usage**
1 in 10 teens have abused Adderall or Ritalin

**Important To Know**
Many teens abuse prescribed stimulant medication to help them cram for exams or suppress their appetite.

**Signs of Abuse**
Decreased sleep and appetite, increased alertness, attention span, energy

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## Dextromethorphan (DXM)

**What is it?**
Dextromethorphan (DXM) is an ingredient found in any cold medicine with the “DM” or “TUSS” in the title or name. In fact, DXM is in almost half of all of the OTC drugs sold in the United States, making it easy to get, cheap, and legal.

**Brand/Commercial Names**
Any Cold Medicine with “DM” or “TUSS” in the title such as: Dimetapp DM®, Nyquil®, Robitussin®, Theraflu®, Vick’s Formula 44®

**Street Names**
Orange Crush, Triple C’s, C-C-C, Red Devils, Skittles, Dex, Vitamin D, Robo, Robo-trippin, Robo-dosing

**Looks Like**
Cough medicine sold over the counter in drug stores and general stores

**How it is used**
Swallowed, Snorted

**Dangerous Because**
Serious side effects include: Nausea, loss of coordination, headache, vomiting, loss of consciousness, numbness of fingers and toes, abdominal pain, irregular heartbeat, high blood pressure, seizures, panic attacks, psychosis, brain damage, addiction, insomnia, coma, death

**Teen Usage**
1 in 10 teens have abused cough medicine to get high

**Important To Know**
Only 48 percent of teens believe taking cough medicine to get high is risky.

**Signs of Abuse**
Nausea, loss of coordination, headache, vomiting, disassociation