



A How-to Guide for the

Responsible and Proper Use of Stimulant Prescriptions



Why is proper use of stimulant medications important?

Prescription medications should always be used as prescribed

When prescribed a stimulant, such as an amphetamine or methylphenidate, it is important to be aware of the high risk for abuse and dependence. Stimulants are regulated by the Food and Drug Administration (FDA) and are classified as “controlled substances,” Schedule II substances, or CII. The FDA puts restrictions and warnings in place to reduce the risk of misuse.

It is illegal for anyone else to buy or use prescription medication except for the person to whom they have been prescribed. These medications should always be used as prescribed by a healthcare provider—ask questions when unsure about how to use them properly.

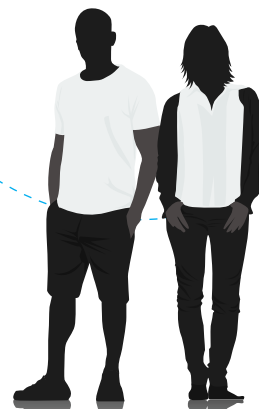
Stimulant abuse stats

In 2020, a national survey called the National Survey on Drug Use and Health (NSDUH) was conducted on stimulant abuse. Among people aged 12 or older, 5.1 million people misused prescription stimulants* in the previous year. The percentage was higher among young adults aged 18 to 25 (1.6 million people) than adolescents aged 12 to 17 (288,000 people) or adults aged 26 or older (3.2 million people).

*Prescription stimulants included: Amphetamine products, methylphenidate products, anorectic (weight-loss) stimulants, Provigil®, or any other prescription stimulant.



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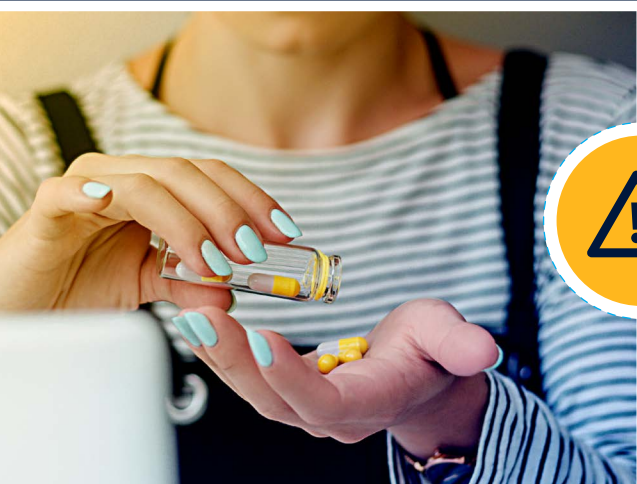
Terms to know

ABUSE & MISUSE

Prescription drug abuse and misuse is the use of prescription medication in a manner that is not prescribed by a health care provider. This includes using someone else's prescription or using a personal prescription in a way not directed by the doctor.

DIVERSION

Drug diversion is the illegal distribution or abuse of prescription drugs, or using them for purposes not intended by the healthcare provider.



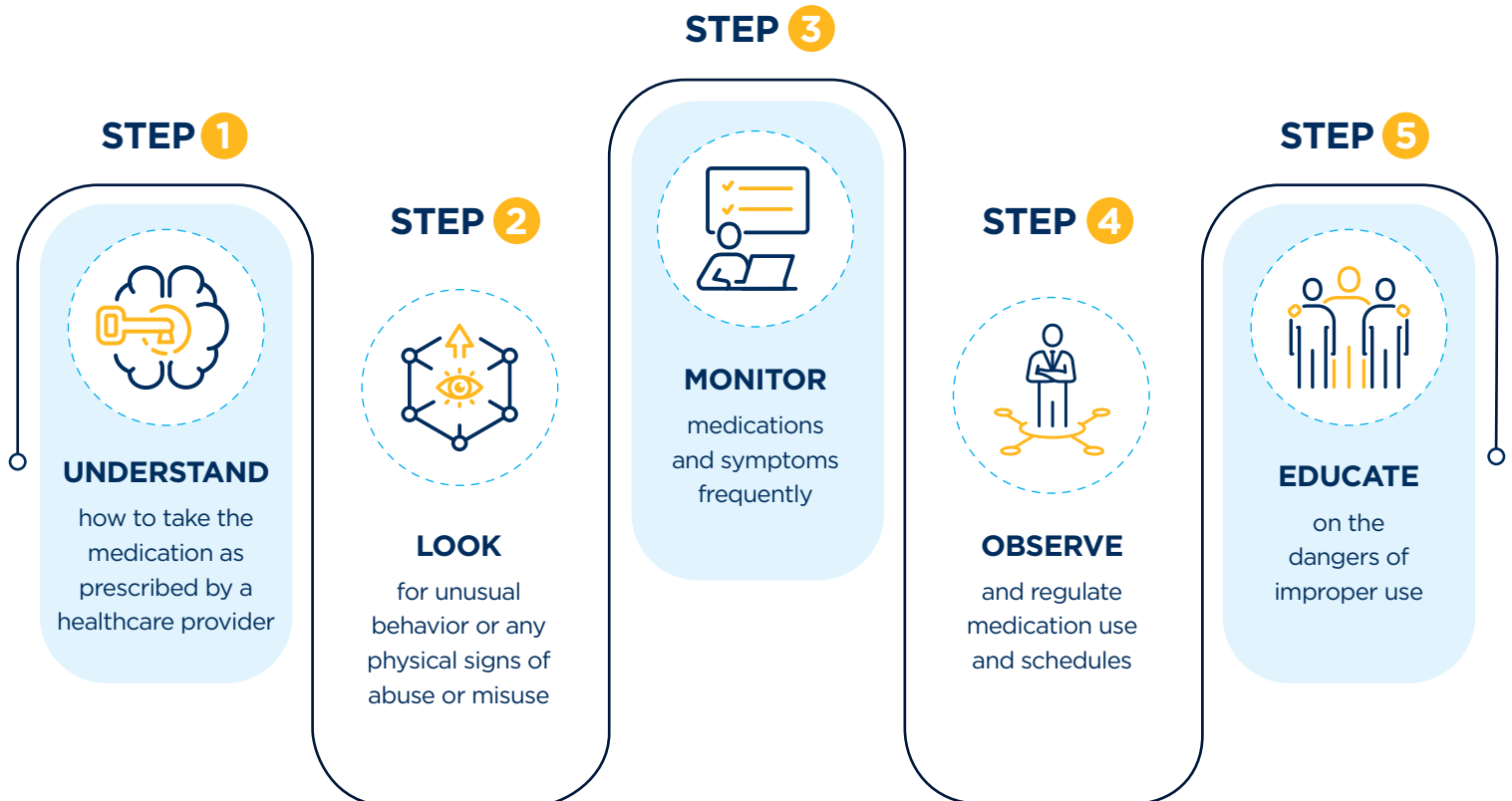
BE AWARE

State and federal laws exist that punish the abuse, misuse, and diversion of stimulant medications

Ways to prevent abuse and misuse

Stay informed & alert

To prevent the abuse, misuse, and diversion of prescription stimulants,
follow these 5 steps:



THINGS TO KNOW

Only use a prescription stimulant as prescribed by a healthcare provider.

Using a prescription medication in any way that does not follow the directions outlined by a healthcare provider is dangerous, and it's against the law.



HOW TO STAY SAFE

- Store the medication in a safe place
- Routinely count the medication to ensure no one else is taking it
- Do not sell or give away prescriptions

Support is available

Work with a healthcare provider

Before leaving the healthcare provider's office, it is critical to understand the proper use of the medication. Ask the right questions to stay safe.



Questions to ask the healthcare provider:

- What can be done to ensure this medication is taken correctly?
- How should suspected abuse, misuse, or diversion of a medication be handled?

The following professional organizations are available to help

- **National Institute of Mental Health (NIMH)** | nimh.nih.gov
- **National Institute on Drug Abuse (NIDA)** | nida.nih.gov
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** | samhsa.gov
- **Drug Enforcement Administration (DEA)** | dea.gov



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