Department of Health & Human Services DHHS NEBRASKA
PRESCRIPTION DRUG MONITORING PROGRAM
NeHII Nebraska Health Information Initiative

Preventing Drug Misuse and Abuse

What Can I Do to Prevent Drug Misuse and Abuse?

- Never share prescription medication.
- Never accept prescription medication that is not prescribed by your doctor.
- When visiting the doctor, provide a complete medical history and a description of the reason for the visit to ensure that the doctor understands the compliant and can prescribe appropriate medications.
- Keep your doctor informed about all medications you are taking, including over-the-counter medications.
- Take your medication(s) as prescribed. Follow the directions for use carefully.
- Read the information your pharmacist provides before starting to take medications to learn about the effects that the drug could have, especially during the first few days when your body is adapting to the medication.
- Ask your doctor or pharmacist about your medication, especially if you are unsure about its effects and to be aware of potential interactions with other drugs.
- Do not increase or decrease doses or abruptly stop taking a drug without first consulting a health care provider. Never use another person's prescription.

Source: www.drugabuse.gov