



**Proper Use of Prescription
Stimulant Medication**



Stimulant Medications

As with any medication, proper use is important. Prescription stimulant medications, such as amphetamine and methylphenidate, are controlled substances (regulated by the federal government) and need to be handled in a serious manner because they have a high risk of abuse and dependence.

It is also important to know that selling or giving away your medication may harm others and it is illegal. That's why it's important to understand the appropriate use of stimulants. If you have questions about a prescription or the use of stimulant medications, talk to your doctor or a healthcare professional.

How Widespread Is the Improper Use of Stimulants?

Although there is no way of knowing exactly how often stimulants are used improperly, a 2018 National Survey on Drug Use and Health conducted by the US Department of Health and Human Services identified the following estimate.



IMPROPER USE OF STIMULANTS

IN 2018,
~1.7 MILLION

PEOPLE IN THE US AGED 12 OR OLDER USED PRESCRIPTION STIMULANTS* FOR NONMEDICAL USES IN A 1-MONTH PERIOD.¹

In one US study[†],
MORE THAN HALF

of people that reported using prescription stimulants for a nonmedical use say that, for their most recent misuse, they got them from *"friends or relatives for free."*²

*Prescription stimulants included amphetamine products, methylphenidate products, anorectic (weight-loss) stimulants, or any other prescription stimulant.

[†]Study measured the source of misused prescription stimulants among adults with past-year prescription stimulant misuse. This was a nationally representative household population study of adults age 18 or older from the 2015 and 2016 National Surveys on Drug Use and Health (N=102,000).

References: **1.** Substance Abuse and Mental Health Services Administration. Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health. Available at: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHNationalFindingsReport2018/NSDUHNationalFindingsReport2018.pdf>. Downloaded June 26, 2020. **2.** Compton WM, Han B, Blanco C, Johnson K, Jones CM. Prevalence and correlates of prescription stimulant use, misuse, use disorders, and motivations for misuse among adults in the United States. *AJP in Advance*. 2018;175(8):741-755.



Staying AWARE™

Suggestions on How to Encourage Proper Use

As you learn how stimulants can be improperly used, here are some suggestions on how to encourage proper use.

Be AWARE

The key to proper stimulant use is being **AWARE**.

Here's a simple way to remember the most important steps in preventing the misuse, abuse, and diversion of stimulant medication in yourself, your family, or friends. Read on for more information about misuse, abuse, and diversion.

Be:

Act to ensure appropriate stimulant use

Watch for any unusual behavioral or physical signs

Assess your and your child's medication and symptoms often

Regulate and monitor your or your child's medication use

Educate yourself and your child on the dangers of improper use

If you are concerned about any possible misuse, abuse, or diversion of prescription stimulant medication; or, have questions about you or your child's use of prescription medications - **please** talk to your doctor.



What You Should Know About Improper Stimulant Use

Prescription stimulants should never be used without a prescription. No matter what term you use to describe it, using a prescription medication in a way that does not follow the prescription, or that is not yours, can be dangerous—and it's against the law.



Terms used to describe improper stimulant use include misuse, abuse, and diversion.

Misuse

Misuse of a prescription stimulant happens any time the medicine is used in a way that is different from the doctor's instructions. Misuse could be:

- Using without your own prescription
- Using in greater amounts, more often, or longer than told to take by a doctor
- Using in any other way not directed by a doctor

Abuse

Using a prescription medicine to get high or taking a prescription stimulant to see how it makes you feel is considered abuse. Stimulants have a high potential for abuse, and should be used only as directed.

Diversion

Diversion occurs when someone other than the person whose name is on the prescription uses it. Examples are giving your medication to a friend or taking medication from a sibling.



If you or someone you care for takes too much stimulant medication, or overdoses, CALL A DOCTOR OR POISON CONTROL CENTER, OR CALL 911 RIGHT AWAY.



Be Safe With Medication

If you or your child has been prescribed stimulant medication, be sure to take it exactly as directed by the doctor. Store the medication in a safe place. Count the medication regularly to make sure no one else is using it. Selling or giving away prescription medications may harm others and is against the law. There are state and federal laws that punish the misuse, abuse, and diversion of stimulant medications.

For more information, talk to the doctor or visit the following resources:

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





Talk to the Doctor

When the doctor prescribes a stimulant medication, it is essential for you to understand the proper use of the medication.

Make Sure to Ask the Doctor:

- What steps can I take to help ensure the stimulant medication is taken correctly?
- What should I do if I suspect a loved one is misusing, abusing, or diverting his or her medication?

Working Together to Ensure Proper Stimulant Use

We at Takeda are dedicated to working with healthcare professionals and patients to help ensure the proper use of stimulant medications. We are committed to creating materials to help educate and promote the appropriate use of stimulant medications.



Keep this guide as a helpful resource for proper use of prescription stimulant medication.

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