

PRESCRIPTION FOR DISCHARGE

Prescription drug misuse puts Sailors' lives and missions at risk, undercuts unit readiness and morale, and goes against the Navy and Marine Corp's ethos and core values. Although prescription drugs can be a safe, legal method of treating injury and illness, improper use of prescription drugs is illegal, dangerous, and in some cases, deadly.

The Navy Alcohol and Drug Abuse Prevention Office, part of the Navy's 21st Century Sailor Office, developed the "Prescription for Discharge" campaign to educate Sailors, Marines and their family members on the safe and proper use of prescription drugs.

PRESCRIPTION DRUG ABUSE DEFINED

Prescription drug misuse is defined as the use of prescription drugs (e.g., pain medicine, stimulants, muscle relaxers or sleep aids) without a prescription or in ways not prescribed by your doctor. This includes but is not limited to:

- Taking more or less than is prescribed
- Taking medication for a purpose other than prescribed
- Taking leftover medication from a previous injury or illness
- Taking medication that hasn't been prescribed to you
- Wrongfully possessing or distributing medication
- Withholding information from your doctor or intentionally misleading them

HELP SAILORS USE RX DRUGS RIGHT

Many Sailors don't realize that when they don't throw away their prescription drugs, they put others at risk. Encourage Sailors and Marines to follow these tips to safely use and dispose of prescription drugs to protect themselves, their career and the people around them.

- 1. Take correctly.**
Follow the doctor's orders and prescription instructions as directed.
- 2. Report promptly.**
Ensure that both Navy Medical and your command are aware of your current prescriptions.
- 3. Dispose properly.**
Place unused meds in small plastic bag with used coffee grounds and throw the bag in the trash. Cross out personal information on your prescription labels.
- 4. Never share.**
Never share your prescriptions with a friend, shipmate, or family member.

SUPPORT THE CAMPAIGN

Help raise awareness of the dangers of prescription drug abuse and encourage Sailors and Marines to use prescription drugs safely:

- **Healthcare Providers:**
Download the provider toolkit and follow the Clinical Practice Guideline, available at www.nadap.navy.mil.
- **Navy & USMC Leadership:**
Present leadership talking points and training materials at safety briefs, health fairs and community meetings.
- **Military Police & Security Forces:**
Increase access to medication disposal and encourage participation in the DEA's National Prescription Drug Take-Back Days.
- **Alcohol and Drug Prevention Personnel:**
Distribute campaign posters, flyers and table tents to clinic waiting rooms, pharmacies and medical personnel.
- **All Campaign Supporters:**
Spread the word about campaign messages and materials on your social media channels.

For more information and to access campaign resources, visit www.nadap.navy.mil.