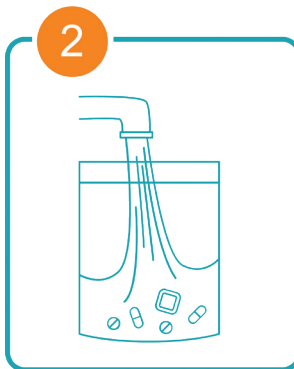


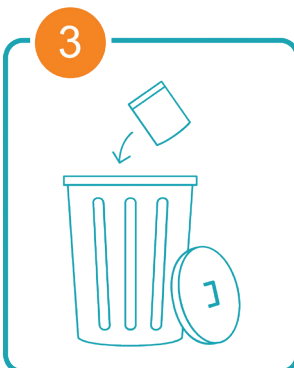
# Deterra Medication Disposal Pouch Instructions



Tear open pouch and place unused medications inside



Fill pouch half-way with warm water and **wait 30 seconds** with bag open for air to release. Some foaming may occur.



Seal pouch tightly, gently shake and dispose in normal trash.

For more information please visit [deterrasystem.com](http://deterrasystem.com).

Montana had **48.2** opioid prescriptions for every **100** residents in 2019

*Montana DPHHS Epidemiology report, 2019*

## Prescription opioids include:

- Codeine
- Diphenoxylate (Lomotil)
- Fentanyl
- Hydrocodone (Vicodin)
- Methadone
- Morphine (Kadian, Avinza)
- Oxycodone (OxyContin, Percocet)
- Oxymorphone (Opana)

## Illegal opioids include:

- Heroin
- Illegal Fentanyl

Nationally, **614,000** teens aged **12-17** have admitted using the prescription stimulant **Adderall** for nonmedical reasons at some point.

*<https://drugabusestatistics.org/prescription-drug-abuse-statistics>*

## Prescription stimulants include:

- Adderall
- Ritalin
- Dexedrine
- Diet aids like Preludin, Fastin, Meridia

## Illegal stimulants include:

- Methamphetamine, cocaine
- Methcathinone
- Synthetic cathinones aka "bath salts"

# Prescription Opioid and Stimulant Misuse Prevention Education



Provided by MSU Extension. For more information visit [http://health.msuextension.org/opioid\\_misuse.html](http://health.msuextension.org/opioid_misuse.html)

# PRESCRIPTION OPIOID AND STIMULANT MEDICATION

## Proper Usage

- Do not share your medications.
- Use a medication log/journal.
- Take medications as directed and keep them in their original containers.
- Before you start taking an opioid medication, **ASK YOUR DOCTOR:**
- Am I at risk for addiction? Will something else work? How long will I be taking this? Are you prescribing the lowest possible dose? What is the plan to taper me off?

## Proper Disposal

- Deterra Medication Disposal Pouches are an at-home medication disposal method. When mixed with warm water, the pharmaceutical compounds are rendered inactive and safe for your household trash. Do not exceed the maximum capacity for pills, patches and liquid form medications indicated on the back of the disposal pouch. See instructions on the back of this brochure.
- Don't have a Deterra Medication Disposal Pouch? Take your medications out of their original containers and mix them with an undesirable substance such as cat litter or used coffee grounds. Put the mixture into a disposable container with a lid or use a sealable bag and place in the trash.
- Remove or black out with a permanent marker your name and prescription number to protect your identity before disposing of the empty prescription container.
- Community Drug Take-Back-Programs allow the public to bring unused medications to a specified location. These events are hosted every April and October. For specific dates and to find a site near you visit <https://takebackday.dea.gov/>
- Utilize year-round Medication Drop Box locations in your area. For an interactive map of drop box locations across Montana visit <https://dphhs.mt.gov/amdd/substanceabuse/dropboxlocations>

## Proper Storage

- **ALWAYS** keep your medications locked up, out of sight and out of reach of children or pets.
- **ALWAYS** keep medications in their original container.

**In 2019, over one in ten MT high school students reported taking a prescription drug without a doctor's prescription.**

**Medications that are not properly stored are at risk of being misused!**

*Montana Substance Use Disorder Task Force Strategic Plan <https://dphhs.mt.gov/opioid>*

The following items  
**CAN** be disposed of  
in medication drop boxes:

Prescription Medications  
Pet Medications  
Over-the-Counter Medications  
Prescription Ointments  
and Patches  
Vitamins

The following items  
**CANNOT** be disposed of  
in medication drop boxes:

Needles  
Thermometers  
Hydrogen Peroxide  
Inhalers  
Lotions  
Liquids  
Aerosol Cans

For syringe disposal options go to: <https://safeneedledisposal.org>

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**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration