82% of MU students have not misused prescription drugs for any reason.

This means that most MU students have not taken medication without a doctor’s prescription or abusing a valid prescription.
88% of MU students agree that using prescription drugs without a prescription is equally dangerous as illegal drugs.

Learn more @ rx.missouri.edu
## Drug Effects

<table>
<thead>
<tr>
<th>Prescription Drug Type</th>
<th>Health Risks</th>
<th>Other Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stimulants</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adderall, Ritalin, Vyvanse, Concerta</td>
<td>High fever, convulsions, anxiety, hostility, nervousness, seizures, increased heart rate, respiration rate and blood pressure</td>
<td>Stimulants put excessive strain on the heart which can lead to heart failure and death</td>
</tr>
<tr>
<td><strong>Pain Relievers</strong></td>
<td></td>
<td></td>
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<tr>
<td>Vicodin, Percocet, OxyContin</td>
<td>Liver damage, intoxication, decreased mental alertness and concentration, nausea, vomiting, confusion, decreased concentration and decreased pain threshold</td>
<td>Regular or long term misuse can lead to physical dependence and in some cases addiction</td>
</tr>
<tr>
<td><strong>Sleep Medications</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ambien, Sonata, Lunesta, Rozerem</td>
<td>Lowered blood pressure, increased risk of respiratory distress and death when combined with alcohol</td>
<td>Combining sleep medications with alcohol is especially dangerous and can lead to death</td>
</tr>
<tr>
<td><strong>Sedatives</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valium, Xanax, Ambien</td>
<td>Loss of coordination, slowed reflexes, respiratory depression, aggressive behavior, hallucinations, inability to form memories while taking</td>
<td>Sudden withdrawal can cause convulsions and delirium</td>
</tr>
</tbody>
</table>
Mizzou has many resources to help you deal with the reasons you might misuse prescription drugs!

**The Learning Center** (within the Student Success Center)  
Offers in-person and online writing help, individual and group tutoring, and resources to help you with your academic goals!

**The Wellness Resource Center**  
Offers wellness, fitness and nutrition counseling at low to no cost.

**The Student Health Center**  
Offers mental health counseling, stress management, and medical care which are paid for with your student fees!

Learn more @ rx.missouri.edu
Keep Your Medications Safe

Don’t share your medications
Medications prescribed to you are for you alone and can have very dangerous effects on those you share with! It is also illegal to share your medications with others- you can be convicted as a drug dealer.

Keep Your Medications Low-Profile
Store your medications in a locked box or cabinet out of sight. You can get a FREE medication locking cap from the Wellness Resource Center!

Properly Dispose Of Old/Unused Medications
Take unused medications to your local disposal drop-box or take-back event! You can find out where and when these are held at rx.missouri.edu/resources
It is ILLEGAL to take prescription drugs without a prescription.

It is ILLEGAL to distribute prescription drugs to anyone. This includes just giving a pill or two to a friend.

Learn more @ rx.missouri.edu
There's no excuse for prescription drug abuse.

Learn more @ rx.missouri.edu