

Recovery Traps 1

Alcohol/ Prescription Medications Open Manholes to Avoid on Your Recovery Journey



“All the hard work of stopping use of the abused substance can be instantly lost by allowing substitutes to replace the initial substance of choice.” - Participant at the HIMS Basic Seminar 2017

Focus on Alcohol

- Alcohol is in food products. – Vanilla extract has a minimum of 35% alcohol
- Alcohol is in over the counter medications. – Vicks formula 44D is 20%
- Alcohol is present in foods cooked with beer, wine, and liquor.
(You may have been told it burns off, but the truth is that some remains.)
- Alcohol is present in “Non-Alcoholic Beer.” – O’Doul’s has enough alcohol in it to cause a positive EtG.

Focus on Prescription or Over the Counter Medications – There is danger in any of the following:

- Taking a spouse’s or friend’s prescription medications.
- Saving unused prescription pain medications.
- Taking any form of Sedative – This includes prescribed sleeping pills like Ambien or over-the-counter sleep aids like Sominex.
- Taking any form of Tranquilizer – For example Valium
- Taking any form of Stimulant - For example Adderall
- Taking any form of Prescription Pain medication – For example Vicodin
- Not bothering to learn the names of prescribed medications which are associated with abuse.
- Trusting that your doctor will remember that you are at risk from prescribed medications which have relapse potential.