

# State of New Jersey Adult Drug Court Program Participant Instructions

## DOCTORS, MEDICINE AND DRUG COURT

### DOCTORS

**Question:** What do you do if you need to go to a doctor or hospital for pain or other medical problem?

**Answer:** Tell the doctor or nurse who examines that you are in recovery!

**Why?** Most doctors and nurses these days will understand that a person in recovery must not take certain medications such as narcotic pain killers, certain cough syrups (with alcohol and codeine), muscle relaxants or tranquilizers. So make sure that you tell any medical professional who is treating you that you are in recovery. Explain to them that you cannot take any mood/mind altering substances as it will endanger your recovery and may result in a positive drug test. If you forget and your doctor gives you a prescription for a drug you are not allowed to take, you must contact that doctor, tell them you are in recovery and get a new prescription.

### COMMON MEDICINES

Common medicines that you **cannot take** while in drug court and **should not take** if you are in recovery include:

**All Cough Medicine with Codeine, Alcohol or Dextromethorphan.**

**All Narcotic Analgesics (painkillers)** Common brands include:

**Darvon** or **Darvocet** (also known as Propoxyphene), **Percocet** or **Percodan** (also known as Oxycodone), **Tylenol 3** (with Codeine), **Vicodin** (also known as Hydrocodone)

**All Benzodiazepines** (anti-anxiety drugs) Common brands include:

**Ativan** (also known as Lorazepam), **Librium** (also known as Chlordiazepoxide), **Valium** (also known as Diazepam), **Xanax** (also known as Alprazolam)

**Allergy/Cold Medication containing any of the following compounds:**

Pseudoephedrine  
Dextromethorphan

Phenylpropanolamine  
Doxylamine

Diphenhydramine

**Examples:** Actifed, Benadryl, Benylin, Comtrex, Contac, Coricidin D, DayQuil, Dimetapp, Neo-Synephrine, NyQuil, Robitussin Sinus, Sine-Off, Sinutab, Sudafed, Tylenol Cold, Vicks 44D, Vicks 44M, Zytrec-D

## **DRUG COURT IMPORTANT POINTS TO REMEMBER**

- **PERSONAL RESPONSIBILITY:**  
You, and you alone, are responsible for what goes in your body. Don't come to drug court with an explanation that illegal or prohibited drug use is anyone's fault but yours. **NO EXCUSES!**
- **OTHER PEOPLE'S MEDICATIONS:**  
Never, ever take any medication that has been prescribed for someone else (your mother, brother, boyfriend, girlfriend . . .) Using medication prescribed to another person is a violation of federal law and drug court rules.
- **WHEN YOU ARE NOT SURE:**  
When in doubt, **DON'T TAKE IT.** Ask your doctor, treatment provider or probation officer. If you have any questions at all about any medication you are taking, contact a member of the drug court team.
- **READ THE LABEL:**  
Read the label when you buy cough syrup, cold medicine, mouthwash or other over-the-counter liquids. **MAKE SURE THEY DO NOT CONTAIN ALCOHOL.** Listerine contains alcohol. Dayquil contains alcohol. There are over-the-counter products available that do not contain alcohol.
- **POPPY SEEDS:** **Never, ever eat poppy seeds or "Everything bagels"** because they can give a false positive for morphine. Don't ever try to explain away a positive drug test by saying you ate poppy seeds. It will not work!
- **MAKING RECOVERY MORE DIFFICULT:**  
Taking prohibited drugs can only make your recovery harder.
- **IN CASE OF EMERGENCY:**  
Carry this notice in your wallet or purse so you can show it to any medical personnel in case of an emergency or when you go to the doctor.

Drug Court participants are required to sign this document at the time they sign the Drug Court Participation Agreement. Signature acknowledges that you have received a copy of this document.

\_\_\_\_\_  
Signature of Drug Court Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Print Name/Title

***IF YOU HAVE ANY QUESTIONS, PLEASE ASK YOUR PROBATION OFFICER***