



Image from: www.additudemag.com

mixing prescription drugs + alcohol

When you receive a prescription medication, whether it's an opioid painkiller like oxycodone, a depressant like Xanax or a stimulant like Adderall, you'll often find stringent warning labels about the risks of mixing alcohol with the drug. When combined with the effects of alcohol, many otherwise routine prescription drugs can become deadly. Relaxing with a drink or two at night is dangerous when the effects of alcohol are combined with certain prescription drugs. Some people may use prescription medications and alcohol together to intensify the effects of both substances. This can lead to a substance use disorder when the drugs are used together, especially in excess.

What Are the Side Effects of Prescription Drugs and Alcohol?

Prescription drugs have various side effects when taken alone, including drowsiness, nausea, changes in blood pressure and loss of coordination. There are also long-term side effects to prescription drug use that may include liver damage, internal bleeding and heart problems. The side effects vary from drug to drug, so it's important to use a prescription medication ONLY as it's prescribed to prevent any unnecessary effects, and be sure to consult your doctor if you have any questions.

While prescription drugs have side effects when taken exclusively, these effects can be exacerbated when combined with alcohol. Not only does alcohol impact the effects of prescription drugs, it can also change the performance of the medications. In

some cases, alcohol can completely negate the effectiveness of prescription drugs. In other instances, it can enhance their effects. Each substance has its own list of potentially negative impacts that can be severely heightened when mixed with alcohol. Side effects may include:

- Headache
- Drowsiness
- Dizziness
- Fainting
- Nausea and vomiting
- Impaired breathing
- Internal bleeding
- Depression
- Seizures
- Liver damage
- Trouble sleeping
- Heart problems

Dangers of Mixing Prescription Drugs and Alcohol

In addition to negative side effects like nausea and drowsiness, combining alcohol and prescription drugs can be extremely dangerous and even life-threatening. When certain drugs interact with alcohol, they create a potentially deadly reaction. Alcohol and medications can also change a person's thoughts and actions, making risky behavior a definite threat. The combination of alcohol and prescription drugs also impairs the medication's desired impact, which often leads people to drink or ingest more substances to achieve a similar high. This increase can lead to an overdose or alcohol poisoning. With the risk of long-term organ damage and a host of short-term side effects, it is best to avoid combining alcohol and prescription drugs, especially in excess.