FULL KOLL

TRAMADOL

Are you worried that your teenager is using tramadol?

This brochure is about the controlled prescription drug tramadol, providing knowledge and support for you as a parent.

Tramadol is a controlled prescription drug that is illegal to use unless prescribed by a doctor.

The way people react to tramadol varies. It may make a person feel drowsy and less anxious and give them a general feeling of wellbeing. Or it may make them active, alert and euphoric. Tramadol can also cause dizziness, headache and nausea.

Tramadol is highly addictive and higher doses are soon needed to achieve the same high. Higher doses can lead to life-threatening conditions such as seizures, heart problems and breathing difficulties – or even death. The risks associated with tramadol increase when it's used together with alcohol, cannabis or other drugs.

Länsstyrelserna

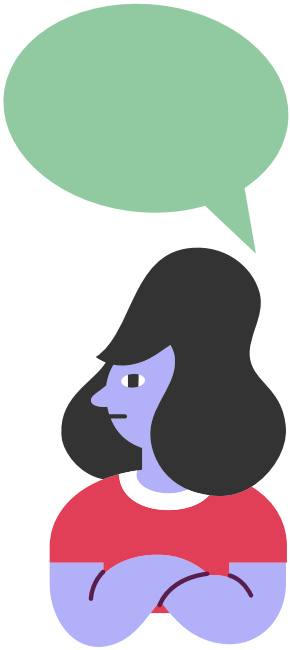
Good to know

- Tramadol is a controlled prescription drug used to treat certain types of pain. It's the active substance in several different medications.
- Tramadol belongs to the group of medicines called opioids and is closely related to morphine and heroin.
- Prescription medicines such as tramadol can lead to dependency in the same way as other drugs.
- Using a medicine in the wrong dose or without a prescription is harmful. It's also illegal and considered a drug offence.
- Tramadol usually comes in tablets or capsules but is also available as effervescent tablets or a liquid. It's usually bought illegally from local drug dealers and over the internet.
- Tramadol is sometimes referred to as tram or trad and is often used together with other drugs.
- It can be difficult to tell whether your teenager is using tramadol. For example, at first, it might not affect schoolwork. But eventually, their schoolwork will decline.
- If you find tablet strips and medicine capsules among your teenager's belongings, this could be a sign of tramadol use.
- Signs that someone is under the influence of tramadol include smaller pupils, shallow breathing, droopy eyelids, sleepiness and sluggishness, and unclear, slurred speech. They are often restless and take long walks.

What can I do as a parent?

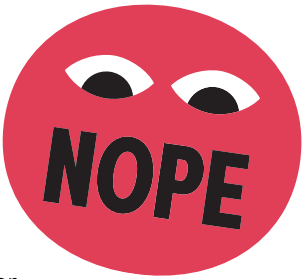
Spend quality time with your teenager and talk about everyday things. This makes it easier to address more difficult topics, such as drugs, when necessary. A close relationship can also have a protective effect.

- Set boundaries and express clear expectations. Tell them that you care and sometimes worry about them.
- Trust your gut feeling. If you feel that something's wrong, you're probably right.
- Keep an eye on any medicines in the home.
- Talk to other parents for support and agree on common ground rules.
- Give your teenager factual information about drugs and their effects without exaggeration or fearmongering. Be open to discussing both concerns and possible consequences. Also talk about the importance of evaluating online sources, as there are websites selling controlled drugs and spreading misinformation. On the next page, you'll find links to factual information.



- Talk about drugs calmly and without passing judgement. Ask questions and listen, so that your child can share their experiences and feelings without feeling criticised. If your teenager isn't ready to talk at the time, drop it. Nagging can have the opposite effect.
- If your teenager is using controlled drugs, it's important that you support them and encourage them to seek help. Try understanding the reasons behind their drug use rather than focusing solely on the behaviour. Avoid threats or punishments as these can worsen the situation and cause your child to withdraw. Your presence and support can be crucial in encouraging them to seek professional help if needed.

You are important!
Your *no* is important!



- Full koll is here to help adults set boundaries for their teenager when it comes to alcohol and other drugs.
- We hope that facts and support will empower you to say no – and stick to it.
- You can read more about building such a relationship and setting clear boundaries at **fullkoll.nu**.

Where can you turn to if you have questions or need help and support?

- Student health services at your child's school.
- Social services in your municipality.
- Your municipality is to offer parenting support until your child becomes an adult. Support can be provided in groups or individually. Contact your municipality for more information.
- Your local Mini-Maria clinic, or equivalent, for youngsters with alcohol or other drug problems.

Read more:

Fullkoll.nu
Drugsmart.com
Youmo.se
Droghjalpen.se
1177.se

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