



CODEINE ABUSE & ADDICTION

**CODEINE
ABUSE &
ADDICTION**

OUR INTERVENTION

Promoting and ensuring safe use of codeine containing medicines remains a public health issue given the rise in reporting of misuse and dependence particularly among young Batswana.

Our objective and approach towards dealing with this is to engage with all relevant stakeholders from Public health, Pharmaceuticals Regulators and primary health care ensuring:

- Patient awareness-raising,
- Public education and
- Enforce the laws on of Regulation and importation of certain medicines in accordance with the Medicines and Related Substances Act MRA 2013).

Get Your Life Back From Codeine Addiction.

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Botswana Medicines Regulatory Authority (BOMRA) is a new body established by the **MEDICINES AND RELATED SUBSTANCES ACT (MRA of 2013).**

The Authority was set up by the Government of Botswana under the Ministry of Health and Wellness to regulate the supply chain of medicines and related substances, cosmetics and medical devices in order to ensure their quality, safety and efficacy.



BOMRA is concerned about the reported increase in misuse and addiction to codeine containing cough syrups in Botswana.

The authority would like to caution the General public about the growing misuse and addiction to these easily accessible syrups by many young Batswana and some adults. These products include Bronclear with codeine, Benylin with codeine, among others.

It is alleged that Addicts mix codeine with fizzy drinks such as Sprite and Mountain dew in order to create a concoction popularly known in the adolescent and young Adults as **Purple drank or Lean**. However, while lean may be easy to make, this drink is dangerous to consume, and, in some cases, can even be deadly.

Codeine containing cough syrups

It is important to note that cough due to common cold (FLU) does not always require medication because it usually clears up after a few days to a week.

Depending on the cause and duration, productive cough (cough that produces mucus or phlegm) should not be suppressed but instead require different types of cough preparation that improve the efficiency of the cough to allow for the mucus and infected secretions to be removed from the chest.

It is therefore important that anyone with a cough should describe the type of cough to the health care provider so they can be advised on the right medication.

What really is codeine?

Codeine is a type of opioid which can be used in the management of mild to moderate pain. It can also be used to suppress cough. We have observed an increase in the use of the cough syrups containing codeine.

Codeine has other effects that can be harmful. These affect different parts of the body and include: Headache Nausea Constipation Drowsiness/dizziness and Sometimes tolerance and addiction/dependence.

Behavioural symptoms

- Withdrawal from loved ones
- Forging prescriptions in order to buy codeine containing medicines
- Buying illegally imported or distributed codeine containing medicines
- "Nodding off" during conversations
- Poor work or school performance
- Concealing consumption of codeine containing normal food items.
- Dizziness and fainting

Mood symptoms

- Intense excitement and happiness
- Insensibility to emotion
- Mood swings
- Anxiety

There are other extreme symptoms that include dizziness and fainting, suicidal thoughts from intense cravings, and death may occur as a result.

Codeine and Addiction

Addiction is the condition of taking harmful drugs or normal drugs in excessive quantities and being unable to stop taking them.

In this condition the body or mind bandy wants the substance in order to work right. This disrupt the normal, healthy functioning of an organs in the body can have serious harmful effects ,can last a lifetime and disrupt social wellbeing, or lead to death if left untreated.

Codeine and Tolerance

This is when a person's decreased response to a drug, which occurs when the drug is used repeatedly and the body adapts to the continued presence of the drug. This may lead to need to use more of the drug in order to get the desired effect.

Regular use of codeine-containing medicines may result in tolerance, which increases the risk of addiction or dependence.

