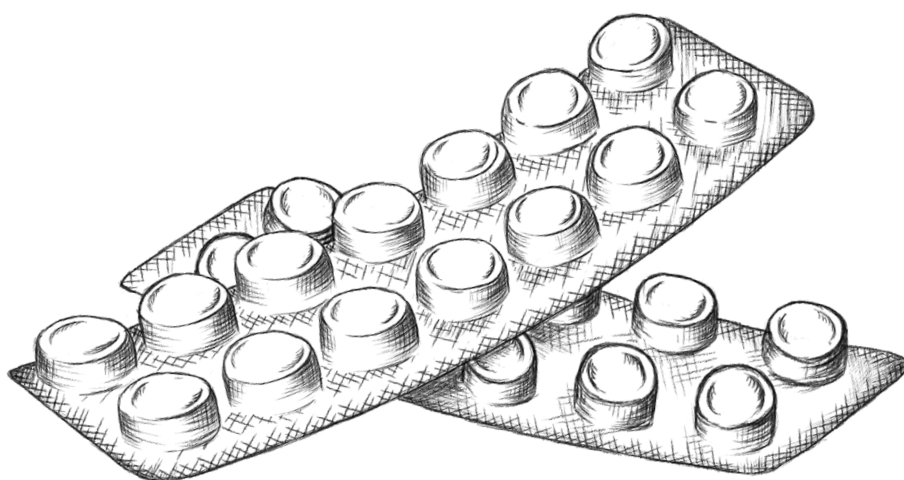


Are you concerned about your teenager's use of Tramadol?

This brochure is about the narcotic medication Tramadol, and aims to provide information and tips to parents.

Tramadol is different as it has both a stimulating and a relaxing effect. Initially, it acts as a stimulant, but the intoxication gradually has the same effects as other opioids. This may mean reduced awareness, drowsiness, euphoria and the relief of anxiety. Because there is a delay in both the pain relief effect and the euphoric effect, there is an increased risk of overdose.

Tramadol may also cause dizziness, headache and nausea. Higher doses may lead to death or life-threatening conditions such as seizures, heart problems and breathing difficulties. Some people may experience powerful effects at low doses; for example, some young people suffered seizures. Tramadol risks increase when it is used in combination with alcohol, cannabis or other drugs.



Facts

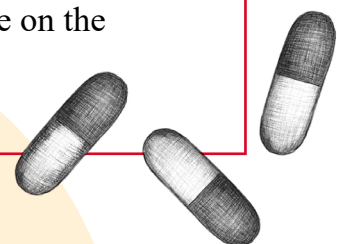
- Tramadol is a medication classed as a narcotic and intended to treat certain types of pain. It is the active substance in several different drugs, such as Tragolan and Nobligan.
- Tramadol is an opioid. It is closely related to morphine and heroin.
- The use of prescription drugs such as Tramadol may lead to addiction in the same way as other drugs.
- Tramadol is usually found in tablet or capsule form, but is also available as an effervescent tablet or a liquid. It's usually bought illegally through local drug pushers or via the internet.
- Using drugs at the wrong dose for their euphoric effect and without a prescription is harmful. It's also illegal and considered a drug-related crime.
- Tramadol is sometimes called *tram* or *trad* and is often used in combination with other drugs.



Good to know

It can be difficult for parents to know if their teenager is using Tramadol. Initially, Tramadol use does not necessarily have a negative impact on school work, but in the long run, performance at school deteriorates.

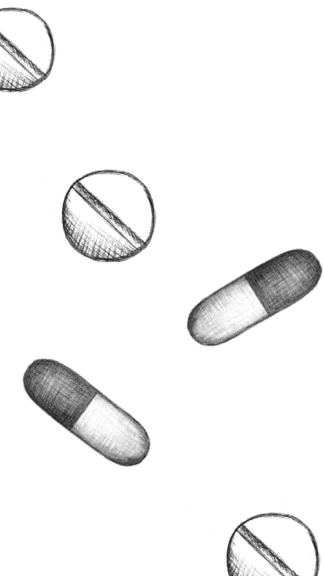
Under the influence of Tramadol, users are restless and commonly take long walks. Pinpoint pupils, shallow breathing, drooping eyelids, drowsiness, lethargy and unclear, slurred speech are other signs of Tramadol intoxication. Be on the lookout for pill cards and medication capsules.



As a parent, what can I do?

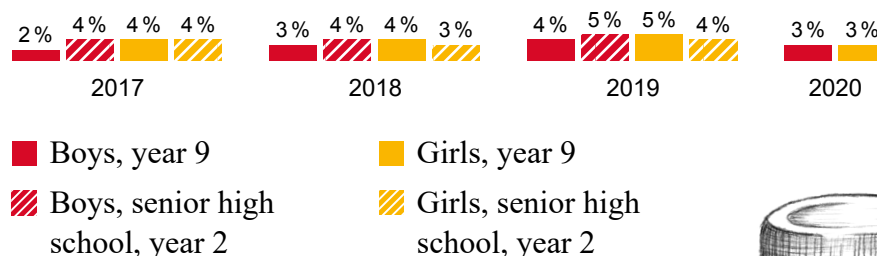
Try to talk about anything and everything in everyday life. This makes talking about more difficult things such as alcohol, drugs and sex more natural. Ask questions and listen. Close relationships mean protection.

- Say that you care and that from time to time you get really worried.
Explain what you are afraid will happen.
- Establish boundaries and clearly show what you expect. Also, maintain a restrictive attitude to alcohol and other drugs like cannabis, which is often linked to Tramadol use.
- Trust your feelings. If you feel something is wrong, you're probably right.
- Keep medications in the home under your control.
- Talk to other parents for support and agree on common rules of conduct.
- Ideally, talk to your teenager about the risks associated with drugs and how to evaluate the source of online information. There are many websites that sell drugs and spread false information.
- If your teenager uses drugs, your being there to help and encourage him or her to seek care can be crucial. If you have any questions or concerns, get in touch with the contacts at the end of this brochure.

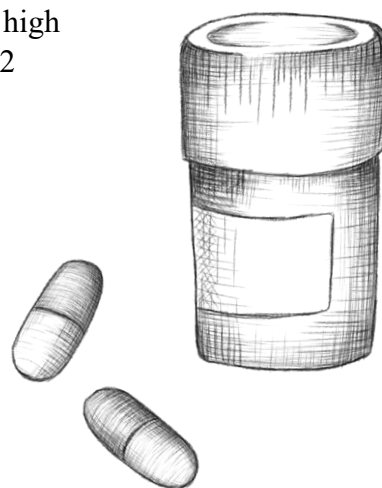


Statistics

Percentage of pupils in year 9 and senior high school who have used prescription painkillers without a doctor's prescription in the past 12 months.



School pupil drug habits, CAN 2020



Who should you turn to if you have questions or need help and support?

Contact student health at your child's school, social services in your municipality or your local Mini-Maria clinic, who are there to help young people with alcohol or other drug problems.

Further reading:

[Drugsmart.com](https://www.drugsmart.com)

[Tonårsparlören](https://www.tonarsparloren.se)

[Droghjalpen.se](https://www.droghjalpen.se)

[Youmo.se](https://www.youmo.se)

[1177.se](https://www.1177.se)