

# Athletes and the Risks Associated with Opioid Use

## What are Prescription Opioids?

Narcotic pain medications that are prescribed for people with moderate to severe pain

### Common Uses for Athletic Related Injuries:

Major Fractures & Post-Surgical Pain

#### Common Examples:

Oxycodone (Percocet, Roxicet), Hydrocodone (Vicodin, Norco), Propoxyphene (Darvon)  
Diphenoxylate, Codeine, Fentanyl, Hydromorphone (Dilaudid), Meperidine (Demerol),  
Methadone, Tramadol (Ultram)

**Participation in athletics increases injury risk; therefore, high school athletes are more likely to be prescribed opioids than their peers.**

### LEARN THE 4 R's

**RESPECT** the power of medicine and use it properly

**RECOGNIZE** that all medicines, especially prescription medications have **RISKS** along with benefits

Take **RESPONSIBILITY** for learning how to take prescription medicines safely and appropriately

### Signs/Symptoms of Opioid Use:

- Pinpoint pupils
- Flushing (redness) of face and neck
- Fatigue, red, glazed eyes
- Slurred speech
- Constipation

### Signs/Symptoms of Opioid Withdrawal:

- Frequent yawning
- Runny nose
- Dilated pupils
- Sudden trips to bathroom
- Joint pain
- Severe insomnia

### Dangers of Prescription Opioids

Misuse

Addiction

Overdose

### What is a misuse of Opioids?

Taking more than the prescribed dose

Utilizing medications longer than the doctor prescribes them for or the individuals medical condition warrants

Ingesting someone else's prescription

Using a narcotic for a medical condition it has not been prescribed for

Giving someone else your narcotic medication

Each day, more than  
**1,000**  
PEOPLE

are treated in emergency departments for not using prescription opioids as directed.



### If Prescribed an Opioid for Pain:

**Ask** if it is necessary

**Ask** for a treatment plan

**Ask** about all risks, side effects, and proper use

**Ask** about alternative medications to manage pain: Ibuprofen, Naproxen, Tylenol

### ALWAYS STORE MEDICATIONS IN LOCKED CONTAINER –

**Only to be dispensed by Parent or Healthcare provider**

### NEVER EVER

Sell or Distribute Medications

Throw Prescriptions in Trash

Flush down toilet

Pour down drain

### DISPOSE PROPERLY

At a Take Back Event

Drop Box

Walgreens Safe Medication

Disposal Program