

Prescription Opioids



Pain from injuries due to playing sports is common. Be informed about the risks of prescription opioid painkillers.

Information sheet for coaches, parents and youth athletes



What are opioids?

Opioids are painkillers and can include these drugs:

- Hydrocodone (Vicodin™)
- Oxycodone (OxyContin™)
- Oxymorphone (Opana™)
- Hydromorphone (Dilaudid™)
- Tramadol (Ultram™)
- Methadone, Fentanyl
- Norco™, Lortab™



What are the risks?

Prescription opioids can help with pain in the short term, but have serious risks including overdose or death.

1 in 4 people using prescription opioids long-term become addicted

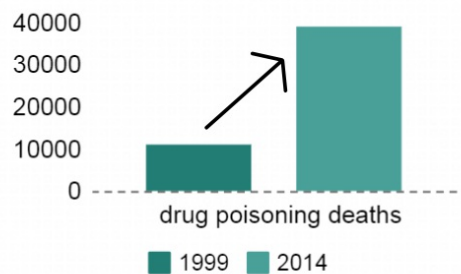


Prescription opioid use is causing a large increase in drug poisoning deaths

In 1999, there were over 11,000 drug poisoning deaths in the U.S.

In 2014, there were nearly 39,000.

Drug Poisoning Deaths USA



Questions to ask your doctor

- What other drugs should I avoid while taking an opioid?
- What are the side effects and risks?
- How often do I take my opioid?
- How can I take as little opioid pain medication as possible?
- How can I stop taking opioids as soon as possible?
- What are non-opioid options with fewer risks?
- How can I manage my pain without an opioid?
- How often do I need to follow up?

Never share a prescription opioid with others, or use someone else's prescription.

Take back your unused opioids to a community drug take-back program or your pharmacy mail-back program.

