

What to Know About Prescription Opioids

Which medications are prescription opioids?

- ✔ Prescription opioids are narcotic pain medications that are prescribed for people with moderate to severe pain. They include Vicodin, OxyContin, Oxycodone, Percocet, Fentanyl, Opana, and codeine.

What should parents or guardians do if prescription pain medication is recommended for the injured athlete?

- ✔ Talk openly with the health care provider about the need for prescription pain medicine. Make sure to ask about possible risks and side effects, alternatives that may exist, precautions, and proper use of the medication.
- ✔ If anyone in the family has had problems with prescription drugs, alcohol, or any other drugs, share this information with the doctor.
- ✔ Be sure that the athlete takes the medication only as prescribed and uses only the minimal amount for the shortest period needed for effective relief.
- ✔ Keep control of the medication bottle, and supervise the athlete when he or she is taking the medication. Do not allow the athlete to self-administer. Count the pills or keep track of the level of medicine in the bottle on a regular basis.

- ✔ Keep the medication at home, if possible. If the athlete needs to take medication during the school day, the school (by law) must approve its use. Talk with school staff about proper supervision, and follow the necessary protocols.
- ✔ Remind the athlete that prescription medication is only good for the person it is prescribed for and that it could seriously hurt others.
- ✔ Be sure that the athlete takes the medication no longer than necessary.

How should prescription medications be stored?

- ✔ Don't keep prescription medicine in the medicine cabinet. Secure it in a place that only the parents know about. Ideally, keep all medicines, both prescription and over-the-counter, in a locked cabinet or other secure place that children and teens cannot access.
- ✔ Tell relatives, especially in homes that children and teens may visit, to lock up their medicines or keep them in a safe place.
- ✔ Talk to the parents of your teenager's friends, and encourage them to secure their prescriptions as well.