



Opioid Information Sheet

Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work your health care provider to make sure you are getting the safest, most effective care.

What are the risks and side effect of opioid use:

- Tolerance- meaning you might need to take more of a medication for the same pain relief.
- Physical dependence-meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Depression
- Low levels of testosterone that can result in lower sex drive, energy and strength
- Itching and sweating
- Confusion
- Sleepiness and dizziness
- Nausea, vomiting, and dry mouth

Risks are greater with:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Be Informed

Make sure you know the name of your medication, how much and how often to take it, and its potential risks and side effects.

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IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

Never take opioids in greater amounts or more often than prescribed.

Follow up with your primary health care provider within ___ days.

- Work together to create a plan on how to manage your pain.
- Talk about ways to help manager your pain that do not involve prescription opioids.
- Talk about all concerns and side effects.

Help prevent misuse and abuse.

- Never sell or share prescription opioids.
- Never use another person’s prescription opioids.

Unless Specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids

KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don’t involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Options may include:

- Pain relievers such as acetaminophen, ibuprofen, and naproxen
- Some medications that are also used for depression or seizures
- Physical therapy and exercise
- Cognitive behavioral therapy, a psychological, goal-oriented approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.

For current and up-to-date information on opioids, you can go to:

<http://www.cdc.gov/Opioids>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date