

# **GENERAL MEDICATION INFORMATION**

## **DRUG FREE SPORT**

CNU participates in a randomized drug testing program through the NCAA. If you intend to take any dietary supplements or daily prescriptions, make sure they are legal before starting them. We recommend [www.drugfreesport.com](http://www.drugfreesport.com), which is a resource that provides information regarding both supplements and prescribed medications; you can find out whether or not the substance is banned by the NCAA. Click the link to the Resource Exchange Center on the left; click again on REC to enter the site. Select "NCAA Division III;" the password is **ncaa3**.

If information regarding **SUPPLEMENTS**, click "Banned Drug Inquiry," enter the required information and what you're taking. Responses usually take a few days. When they respond, and your supplement is safe to use, **SAVE AND PRINT THE REPLY**; give a copy of the email to the athletic trainer assigned to your sport. If it is **NOT** safe or contains banned substances, **STOP TAKING IT IMMEDIATELY!**

For information regarding **DAILY OR PRESCRIBED MEDICATIONS**, click "NCAA Drug Lookup" and type in the medication. If the medication is banned, you do not need to stop taking it. However, the Athletic Training staff **MUST** have documentation from the physician who prescribed the medication (Daily Medication Taken form). Some medications that require documentation include: *ADHD, birth control, asthma, depression, sleep aids, diabetes, and allergy.*

More information on the drug testing program can be found at [www.ncaa.org](http://www.ncaa.org). Click on "Legislation & Governance" and slide down to "Eligibility & Recruiting." On the left, select "Drug Testing." Here you can find information on banned substances and the drug testing program.

## **RECOMMENDED OVER-THE-COUNTER MEDICATIONS**

The Sports Medicine Staff at CNU would like to recommend the following over the counter medicines that your child should have at school. We have a limited supply on hand for emergencies, but not to give out on a daily basis. If your child has them in their room then they will not have to go out a buy them. These are just a few of the medicines that most student-athletes ask for from the staff. Generic brands are equally effective as name brands and are provided in parentheses.

### **Pain Relief**

Advil (Ibuprofen), Aleve (Naproxen Sodium), Tylenol (Acetaminophen), Midol for women

### **Upset stomach, Diarrhea, & Nausea**

Pepto Bismol (Pink Bismuth), Immodium AD, Emetrol

### **Cold, Flu, Allergy, & Sinus**

Cepacol throat lozenges or cough drops

Chlorophenaramine (congestion)

Dayquil

Anti-tussive

### **Other**

Eye drops, Contact solution (if they wear contacts)

The following drugs contain banned substances and should **NOT** be taken unless given by the CNU Sports Medicine staff.

Sudafed / Pseudoephedrine / Epeoprine

Nyquil

Mucinex