

What's next?

Learn more about OUD
and how to use this brochure:
learnabouttreatment.org

Connect to medication
options near you:
warecoveryhelpline.org



Find naloxone and overdose info:
stopoverdose.org

More info on medications:
samhsa.gov/medication-assisted-treatment



CENTER FOR COMMUNITY-ENGAGED
DRUG EDUCATION, EPIDEMIOLOGY,
AND RESEARCH

W UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

This brochure provides basic information for educational purposes. Speak with a health care professional to make an informed decision that best fits your needs including learning the risks and benefits of all treatment options.

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Your preferences

Setting: _____

Dosing frequency: _____

Clinic visit frequency: _____

Counseling: _____

Support group: _____

Medication options: _____

Other: _____

Call the **Washington Recovery Help Line** to talk about your options for medications, counseling and support groups, and connect to care.

Washington
Recovery Help Line
24-Hour Help for Substance Abuse, Problem Gambling & Mental Health
1.866.789.1511
(206.461.3219 TTY)
warecoveryhelpline.org

About OUD

What is opioid use disorder?

Opioid use disorder (OUD) is a medical condition. People with the condition are physically dependent on opioids and have brain changes that affect their thinking, priorities, and relationships.

OUD can come back if not treated properly. You may need to try more than one type of treatment to find what works best for you.

Medications are one option for treating OUD. Counseling and/or social supports can also be beneficial. The information here can help you make a decision that's right for you.

What can medications do for me?

Medications are proven to work the best at treating opioid use disorder.

They help:

- Manage craving and withdrawal.
- Reduce illicit opioid use.
- Decrease the risk of having an overdose.

Medications can provide stability, allowing people to address other things in their lives.

*You can be in recovery
and be on medications
at the same time.*



Medications for Opioid Use Disorder

Treatment options



There are **three** places where you can get medications for opioid use disorder:

Opioid treatment program (OTP)

- **Methadone, buprenorphine, or naltrexone** available.
- Highly structured—counseling and supervised dosing may be required.

Medical office/Primary care

- **Buprenorphine** or **naltrexone** available.
- Familiar medical office setting.
- Less structure (often weekly or monthly visits, some don't require counseling).
- Appointment often needed.

Community program

- **Buprenorphine** or **naltrexone** available.
- Other services may be offered (syringe exchange, housing supports, etc.).
- May have drop-in visits.

Methadone

Buprenorphine

Naltrexone

How does this medication work?

- Methadone is a **full** opioid medication.
- The more you take the **more you will feel** its effects.
- Manages cravings and withdrawal by binding to opioid receptors.

- Buprenorphine is a **partial** opioid medication.
- Has a ceiling effect, so above a certain dose you **stop feeling more** of its effects.
- Manages cravings and withdrawal by binding to opioid receptors.

- Naltrexone is an opioid **blocker**.
- It is not an opioid, so you **won't feel** an opioid effect.
- Helps manage cravings for some people.

Does it lower my risk of dying? *Based on research that tracked outcomes in the real world.*

- **Lowers** risk of death by about 50%.

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- Has **not been shown** to lower the risk of death.

How long does it last, and how do I take it?

- Lasts about **24 hours** and is taken by **mouth**.

- **Oral form** lasts about **24 hours**, **injectable form** lasts up to **28 days**.

- An **injection** that lasts for **28 days**. You can't use any opioids for 7-10 days before taking naltrexone.

Where can I get it, and how often do I need to go?

- Once started, ongoing dispensing is provided only at an **opioid treatment program**.
- Dosing can start up to **6 days a week**, but usually becomes less often over time.

- **Prescribed** by a medical provider and **picked up** at a pharmacy (*oral*) or **given** at an appointment (*injection*). Both are available at some **opioid treatment programs**.
- Visits vary from near daily to monthly.

- **Prescribed and given** by a medical provider, or provided at an **opioid treatment program**.
- Visits vary from weekly to monthly.

Will I need to go to counseling?

- Requires regular urine drug testing and counseling.

- Most providers require urine drug testing and some require counseling.

- Some providers require urine drug testing and counseling.