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 information on medications:
samhsa.gov/medication-assisted-treatment

Your preferences

Setting:__________________________
Dosing frequency:________________
Clinic visit frequency:_____________
Counseling:______________________
Support group:___________________
Medication options:________________
______________________________
______________________________
Other:___________________________
______________________________
______________________________

About OUD

What is opioid use disorder?

Opioid use disorder (OUD) is a long term 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.

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.

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

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

Find more information: learnabouttreatment.org

Connect to the Recovery Help Line: warecoveryhelpline.org

Revised March 2020

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.

#### How does this medication work?

<table>
<thead>
<tr>
<th>Methadone</th>
<th>Buprenorphine</th>
<th>Naltrexone</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Methadone is a <strong>full</strong> opioid medication.</td>
<td>• Buprenorphine is a <strong>partial</strong> opioid medication.</td>
<td>• Naltrexone is an opioid <strong>blocker</strong>.</td>
</tr>
<tr>
<td>• The more you take the <strong>more you will feel</strong> its effects.</td>
<td>• Has a ceiling effect, so above a certain dose you <strong>stop feeling more</strong> of its effects.</td>
<td>• It is not an opioid, so you won’t feel an opioid effect.</td>
</tr>
<tr>
<td>• Manages cravings and withdrawal by binding to opioid receptors.</td>
<td>• Manages cravings and withdrawal by binding to opioid receptors.</td>
<td>• Helps manage cravings for some people.</td>
</tr>
</tbody>
</table>

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

| • Lowers risk of death by about 50%. | • Lowers risk of death by about 50%. | • 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. | • Lasts about 24 **hours**, usually taken by mouth (implant or injection possible). | • 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?

| • Dispensed only at opioid treatment programs. | • Can be **prescribed** by a medical provider and picked up at a pharmacy, or dispensed at some opioid treatment programs. | • Prescribed and given by a medical provider, or provided at an opioid treatment program. |
| • You will need to visit the OTP **6 days a week to start**, but this can decrease over time. | • Visits vary from daily to monthly. | • 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. |