

Treatment for Opioid Use Disorder

At Harborview Medical Center

This handout explains the Office-Based Opioid Treatment (OBOT) program at Harborview Medical Center. It includes an agreement section at the end for you to sign if you want to enroll in the program.



*Harborview Medical Center
in Seattle*

What is OBOT?

Welcome to the Office-Based Opioid Treatment (OBOT) program at Harborview Medical Center. Your care team at OBOT includes nurses, program coordinators, peer support specialists, medical assistants, and healthcare providers.

OBOT can prescribe medicines to treat opioid use disorder. The medicine we usually prescribe is called *buprenorphine-naloxone* (Suboxone).

We also can help you connect with other resources to help in your recovery. These include medical care, mental health care, and more.

A member of the OBOT team will review this handout with you. If you want to enroll in the program, please sign and date the last page.

What are the benefits and side effects?

Buprenorphine-naloxone may reduce opioid withdrawal symptoms, lessen opioid craving and opioid use, and help you function better. Most side effects are mild. They can include constipation, sweating, headache, dizziness, trouble sleeping, nausea, and sleepiness.

When you start to take this medicine, you may feel mild withdrawal symptoms at first. But, you should feel a little better each day.

Over time, your body will get used to the medicine. If you stop taking it suddenly, you will feel withdrawal symptoms within a few days.

How do I take it?

- You will receive the medicine in either film or tablet form. **You must let the film or tablet dissolve under your tongue for 5 to 10 minutes.**
- Do **not** swallow the film or tablet. The medicine is not absorbed from the stomach.
- Do **not** dissolve buprenorphine-naloxone and inject it. It can cause severe opioid withdrawal.

When can I take my first dose?

If you are physically dependent on an opioid:

- You should already be in moderate opioid withdrawal when you take your first dose of buprenorphine-naloxone. If you are not in withdrawal and you are opioid-dependent, you can have severe withdrawal symptoms.
- Follow instructions from your nurse or healthcare provider about when to start taking your medicine.

Can I overdose on this medicine?

Buprenorphine-naloxone is less likely than heroin or other opioids to cause overdose or slow breathing. But, it is wise to be prepared. The medicine naloxone (Evzio, Narcan) can quickly reverse opioid overdose.

We advise you to have a naloxone kit at home. We can prescribe one for you.

Does it interact with other drugs?

Avoid interactions between buprenorphine-naloxone and your other medicines. Buprenorphine-naloxone can cause overdose or death if used with other drugs, such as alcohol or benzodiazepines (Xanax, Valium, Ativan, Klonopin, and others). Tell your healthcare provider, nurse, and pharmacist what other medicines you are taking.

What can I expect when I enroll in OBOT?

- **Clinic Visits:** When you first enroll in the program, we will want to see you every week. We will closely monitor how the medicine

is working. We expect you to attend each scheduled visit so that your care team can provide the treatment and support you need. If you need to cancel or miss an appointment, call the nurse line as soon as you can to reschedule.

- **Urine Drug Testing:** We will ask you to have urine drug testing at each scheduled visit. We may also do urine tests at other times. We use these test results to assess your progress, not to deny treatment. (See “Treatment Changes,” below.)
- **Monitoring:** We may ask you to bring your medicine to your visit. We want to make sure you are taking it as prescribed.
- **Treatment Changes:** Some patients may need a more structured treatment program. And, your care team will assess any urine tests that are negative for buprenorphine. We will check for any signs that you have tampered with your urine test. Based on our findings, we may make changes in your treatment plan or stop treatment.

How do I store buprenorphine-naloxone?

- Be responsible for your medicine. Do **not** share it with anyone else or leave it where someone else could use it.
- **Keep your medicine in a safe place**, out of reach of children and pets. If a child accidentally takes buprenorphine-naloxone, call 911 **right away**.

What if I lose or run out of my medicine?

The pharmacy may not be able to replace lost, misplaced, or stolen medicine, or provide a refill if you run out early. If you have any of these problems, call the nurse line.

What else should I know?

- **If you can become pregnant:** Talk with your care provider about birth control options.
- **If you become pregnant while on treatment:** Keep taking the medicine. Tell a member of your healthcare team as soon as you can.
- **Take the medicine as prescribed.** Before you change the way you take your medicine, you must talk with your provider first.

- **Buprenorphine-naloxone is very safe.** There is no limit to how long a person can take it.
- **Members of your healthcare team will talk with each other often.** We will closely coordinate your medical care and treatment. We will also check our *prescription monitoring database* to see if you are getting controlled substances from other places.
- **We will document your records and course of treatment in your electronic health record.** Your other healthcare providers have access to this record.
- **We cannot release details about your medical record, including the results of your urine drug tests to any other agency, program, or institution without your permission.**

Patient and Provider Treatment Agreement

We are glad you are seeking treatment with us. Our wish is to support your goals for health and recovery.

By signing below, you are stating that:

- You have read and understood the information contained in the handout “Treatment for Opioid Use Disorder: At Harborview Medical Center.”
- You want to enroll in the Office-Based Opioid Treatment (OBOT) program at Harborview Medical Center.
- You agree to follow your treatment care plan as prescribed by your OBOT care team.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Patient Signature

Date

Treatment Provider Signature

Date

After you sign this page, we will copy it and keep it in your files. Please keep this handout and read it again as needed.