

North Canyon Family Medicine Clinic

Medication Assisted Treatment Program Information & Instructions

Our Program: Most everyone knows that detox is a part of addiction recovery, but what they may not know is that Medication Assisted Treatment is often a part of detox or a narcotic treatment program. While the atmosphere of the rehab center can play a role in alleviating some of the discomfort associated with opiate or opioid withdrawal, sometimes individuals, not much different than you, may need more assistance dealing with this discomfort.

Intake: You will be given a comprehensive substance dependence assessment. The benefits and detriments of the medication Suboxone, will be presented. Treatment expectations, as well as issues involved with maintenance versus medically supervised withdrawal will be discussed. This is a contracted outpatient treatment program. Medication assisted treatment is not for everyone. Our program Provider should be aware of your medical history, any drugs (prescribed or not) that you are taking, if you are pregnant, or if you have any type of liver, lung, or kidney disease.

Induction: **You must arrive to the first visit experiencing moderate opioid withdrawal symptoms.**
Please stop all opioid medications at least 24-36 hours prior to your appointment.

Since an individual's tolerance and reaction to Suboxone vary, daily appointments may be scheduled, and medication will be adjusted until you no longer experience withdrawal symptoms or cravings.

Intake and Induction may both occur at the first visit, depending on your needs and your Provider's evaluation.

Stabilization: Arrangements will be made for you to receive your first dose of Suboxone shortly after your initial appointment if it is decided that you will be joining the program. Your response to the initial dose will be monitored. You may receive additional medication, if necessary, to reduce your withdrawal symptoms.

Once the appropriate dose of Suboxone is established, you will stay at this dose until you reach a steady plateau without cravings or withdrawal symptoms. You and your Provider will discuss your treatment options from this point forward.

Maintenance: Treatment compliance and progress will be monitored. ***Participation in some form of behavioral counseling is strongly recommended, required in most cases, to ensure the best chance of treatment success, and some insurance policies require counseling in tandem with Medication Assisted Treatment.*** Just utilizing Suboxone alone will not lead you to sobriety, addiction can be multi-faced.

During the maintenance phase you will be scheduled for monthly visits if you maintain good treatment progress and goals are met every 28-36 days. The maintenance phase can last from weeks to years, the length of treatment will be determined by you and your Provider, and possibly your counselor.

Medically Supervised Withdrawal: As your treatment progresses, you and your Provider may eventually decide that medically supervised withdrawal is now an appropriate option for you. In this phase, your Provider will gradually taper your Suboxone dose over time, taking care to see that you do not experience any withdrawal symptoms or cravings.

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FIRST VISIT—

Please plan accordingly, your first visit is generally the longest and may last anywhere from 1 to 4 hours.

It is recommended for your Initial Appointment that ALL new patient paperwork be filled out and received by our office the day of your initial visit. In addition, payment will be expected at the time of service, before treatment will be rendered.

When preparing for your first office visit, there are a couple of logistical issues you may want to consider.

Some of the side-effects of Suboxone are drowsiness, increased reaction times, and possible clumsiness. Due to these side-effects, we require that you have someone to drive you to your first 2 to 3 appointments, for your safety as well as the safety of bystanders.

It is also recommended that you not use dangerous power tools, heavy equipment, etc... that may accidentally cause harm to you or others until you are stabilized and no longer exhibit any symptoms of these side effects.

Due to these issues it may be appropriate for you to take the full day off from work for your first 2 to 3 appointments.

- **It is very important for you to arrive for your first visit already experiencing moderate opioid withdrawal symptoms.**
- If you are in withdrawal, the Buprenorphine part of the Suboxone will help lessen the symptoms. However, if you are not in withdrawal, the Naloxone portion of Suboxone will “override” the opioids already in your system, which will cause severe withdrawal symptoms. ***

The following guidelines are provided to ensure you are in withdrawal for the visit:

- Dilaudid..... 12 to 24 hours
- Fentanyl..... 48 to 72 hours
- Heroin..... 12 to 24 hours
- Hydrocodone..... 12 to 24 hours
- Methadone..... 72 to 96 hours
- Morphine..... 12 to 24 hours
- Oxycodone..... 48 to 72 hours

Your first visit will entail a physical exam and a substance abuse assessment to ensure that Suboxone is the best treatment option for you. You and your Provider will discuss your opioid dependence history and your commitment to maintaining your treatment. If you and Dr. Lofgran deem Medication Assisted Treatment as appropriate you will proceed to the next phase of the appointment.

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In the second phase of your appointment your Provider will give you a prescription for Suboxone. **This prescription is not guaranteed prior to your initial visit with the Provider.** You will fill the prescription at a local pharmacy and return to the Doctor's office , the staff will administer/assist with your first dose of medication in a safe place where we can monitor your response. We do not have Suboxone in our office. We ask that you not take any medication prior to returning from the pharmacy to our office.

Your response to the Suboxone will be monitored by the medical staff carefully. Once the Provider is comfortable with your response, we will schedule your next day follow up visit and discharge you home to rest.

Your Provider may ask you to keep a record of any medications you take at home to control withdrawal symptoms. You will also receive instructions on how to contact our office and/or medical staff, as well as additional information about treatment.

Checklist for first visit:

1. _____ **Fees for first office visit.** (Cash or Credit Card Only)
2. _____ **Completed Intake Paperwork** for Initial Appointment.
3. _____ Arrive experiencing **moderate opioid withdrawal symptoms.**
4. _____ Bring ***ALL medication bottles and/or complete list of medications you are currently taking.***
5. _____ Bring Pharmacy information including: **Pharmacy name, address, phone & fax number.**
6. _____ **Bring your insurance cards and a valid photo ID.**
7. _____ **Make sure you have someone to drive you home after your appointment or your appointment will be rescheduled.**

If you have any further questions, please do not hesitate to contact our office. Thank you!