

What's next?

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

Connect to medication options near you: warecoveryhelpline.org

Find naloxone & overdose info: stopoverdose.org



This product has been certified by the Washington State Health Care Authority pursuant to RCW 7.70.060. The date of certification is November 20, 2024 and will expire five years from this date, or sooner pursuant to Washington State policy.

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

W UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

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 (TTS)

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 the most effective option for treating OUD. Counseling and/or social supports can also be beneficial.

The information here compares options for using medication for OUD and will help you make a decision that's right for you.

What can medications do for me?

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 (safer use supplies, housing supports, etc.).
- May have drop-in visits.

Methadone

Buprenorphine

Naltrexone

How does this medication work and how will it make me feel?

- 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.
- 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%.

- **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**.

- **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 some require counseling.

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

- Some providers require urine drug testing and counseling.