

## Buprenorphine Detoxification Information Packet (3/10/2009)

Provided by: Addiction Pain Associates

Buprenorphine is available for the outpatient detoxification for narcotic addiction. This medication effectively reduces withdrawal symptoms from narcotics, but is NOT effective for alcohol, sedatives, or tranquilizer withdrawal. Detoxification is NOT treatment; it is only the first step in the long road to recovery. Although sobriety is necessary for recovery, recovery is much more than staying “clean”. Recovery requires emotional and spiritual growth.

Federal law allows Addiction Pain Associates, Dr. Larry Pettis, Dr. Daniel Zimmerman, and other associates to dispense and prescribe this medication for the purposes of addiction treatment, but only to a limited number of patients at any given time. Some patients are not able to stay “clean” and are candidates for taking buprenorphine on a daily basis. This is a prescription alternative to methadone. We are selective in choosing which patients to “detox” and which patients will get a prescription for ongoing buprenorphine treatment. Some patients will be referred to other detox or rehab programs. Some patients will be referred to methadone centers. We do not have an obligation to provide detoxification services. It is our obligation to assess your appropriateness for detoxification and refer you accordingly. If you have health insurance, you should contact your insurer and determine if they provide detoxification services.

### **At your first visit, you should come to the office:**

- With a full bladder (urine drug test may be required )
- **Be in active withdrawal** (This is EXTREMELY important for successful detox). **Patients who come to the office with muscle aches, sweats, intestinal cramps and larger than normal pupils will do best.**
- Be prepared to stay at the office for up to 3 hours
- If on methadone, bring documentation that you are on a dose of 30 mg or less and 48 hours from last dose
- Bring all pill bottles
- Come with a someone who can drive you home
- Bring Valid Photo ID
- Pay in full with Visa, MasterCard, cash, or money order.

### **Important Warnings about Buprenorphine:**

1. When on buprenorphine, other narcotics are unlikely to be effective. If you require medical care (e.g. surgery) during the period of detoxification, medicines such as morphine will not work unless you are off buprenorphine for a few days.
2. When taken in combination with “benzo’s” (e.g. Valium, Xanax, Ativan) it can be fatal.
3. You may experience side effects such as sedation, low blood pressure, headache, nausea, etc., but these side effects are usually much less than the symptoms of withdrawal. You cannot drive a car for the first three days on medication or if you feel sedated thereafter.
4. All medication must be kept out of the reach of children. You must safeguard against inadvertent use by other adults or intentional use by those who abuse drugs.

Consent: I, \_\_\_\_\_, have read the materials in this information packet. I have received information regarding other treatment options, and have chosen buprenorphine detoxification. I understand that detoxification does involve risks, but this buprenorphine is a FDA approved treatment. I understand that this medication has side effects and that withdrawal will not be “painless”. I will stay at the office until I am told to leave. I will use my “take home” medication as prescribed. I will keep my follow-up appointment. I will follow through on the recovery plan that I have chosen.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_