



Let's Talk About: Medication-Assisted Recovery for Opioid Use Disorder

A Discussion Tool for Patients and Health Care Providers

Opioid Use Disorder (OUD) is a problematic pattern of opioid use that leads to a physical or mental reliance on opioids. It is informally referred to as “addiction,” and can describe the misuse of prescription opioids or the use of illicit opioids, like heroin or fentanyl. While stopping use can be challenging, you are not alone, and there are health care providers and treatment options to help you throughout your recovery.

What is your opioid-related goal?

How Can Medication-Assisted Recovery Help You?

There is a proven treatment for OUD called Medication-Assisted Recovery (MAR). MAR is a type of treatment for OUD where medications and optional behavioral counseling are used to sustain recovery. Medications work to reduce your cravings and most help your withdrawal symptoms. MAR can help you move past your OUD and take back the power in your life. There are three medications that can be used.

1 **Methadone** (Dolophine[®], Methadose[®])

- Helps reduce both cravings and withdrawal symptoms
- Visit an opioid treatment program clinic each day to receive your dose
- Provides daily accountability
- Other services are available to support you

2 **Buprenorphine** (Suboxone[®], Subutex[®], Probuphine[®], Sublocade[™])

- Helps reduce both cravings and withdrawal symptoms
- Available from a health care provider licensed for MAR
- Get a prescription and take daily at home
- Must be in some level of withdrawal before beginning use or it may make you feel sick
- Taking it regularly helps prevent an overdose if you happen to return to opioid use

3 **Naltrexone** (Vivitrol[®])

- Helps reduce cravings
- Vivitrol[®] is taken as a monthly shot
- Must be in withdrawal for 7-10 days before beginning use or it may make you feel sick
- **Does not prevent overdose if you happen to return to opioid use**

There are other important differences in these medications. See the **“How Does Medication-Assisted Recovery Work?”** handout for more information.

What are your concerns about MAR?

MAR typically combines medication with counseling, which can help support you on your journey through recovery. Are you open to receiving counseling? Why or why not?

Your next steps are:



For more information and resources about Medication-Assisted Recovery, visit RethinkRecoveryIL.com.

