

The Fresh Start Program

Waterstone Counseling Center

Dr. Thomas Abbenante, MD • Dr. Richard Goulding, MD
Dr. Marc F. Bono, Psy.D

EXPLANATION OF TREATMENT

INTAKE/INDUCTION (FIRST WEEK)

You will be given a comprehensive substance dependence assessment, as part of a medical and psychological evaluation. The pros and cons of opiate replacement medication therapy will be presented including the use of this medicine for a maintenance (9-12 months) treatment approach, as well as the eventual supervised tapering off the medication will be discussed. You will be switched from your current opioid (induction) to your treatment medication.

You are asked to arrive at the doctor's office in a moderate state of withdrawal. Being in a state of moderate withdrawal is vital to having the medication work. If you are not in moderate withdrawal, the medication might actually make you feel worse rather than better (intensifying withdrawal symptoms). This is called precipitated withdrawal. It is really important to be truthful with your doctor about the last time you used an opioid, which opioid it was, how much you took, and which other drugs or medications you used. Your doctor needs this information to determine the timing of your first dose.

Once you take your first dose, you should begin to feel better within 30 minutes. Your doctor may choose to give you additional doses while you are in the office. Be sure to tell your doctor about how you are feeling during induction so your doctor can find the appropriate dose for you.

When you leave the office, the doctor will give you a prescription that will last until your next appointment. To receive treatment, you must agree to participate in individual and/or group psychotherapy with a licensed therapist in our office. You may also benefit from enrolling in the Here to Help® Program, which can provide you with an added support system as well as Alcoholics and/or Narcotics Anonymous.

Since an individual's tolerance and reactions to the medicine vary, medications will be adjusted, until you no longer experience withdrawal symptoms or significant levels of cravings. Urine drug screening is required at the first visit and at all subsequent visits.

FOR URGENT MEDICAL ISSUES CALL 911 OR GO TO THE NEAREST HOSPITAL.

Please call Dr. Bono with any questions or concerns 203-464-1001

17 Wall Street, Madison, CT 06443
p:203-245-0412 f: 203-245-0572

The Fresh Start Program

Waterstone Counseling Center

Dr. Thomas Abbenante, MD • Dr. Richard Goulding, MD
Dr. Marc F. Bono, Psy.D

STABILIZATION & MAINTENANCE (SECOND WEEK AND BEYOND)

This is the second phase of treatment. During this phase, your doctor may continue to adjust your dose until you find, and continue on, the dose that works for you. It is important to take your medication as directed. To evaluate the effectiveness of your dose, your doctor will require urine samples from time to time.

During this phase begin working on your treatment goals with your doctor and therapist. If you start experiencing, cravings, triggers or feeling stress your doctor may suggest a dose adjustment, or there may be a need to change the frequency of therapy. Occasionally, as you achieve your treatment goals and feel confident about your progress your physician may suggest a dose decrease.

Tapering Off

There are no time limits for treatment with this medicine. Length of time spent on opiate replacement medication is ultimately up to you, your doctor, you, and your therapist will collaborate to make an informed decision as to when the time is right for a medical taper, h/she will slowly lower your dose (also known as a taper), taking care to minimize withdrawal symptoms. If you feel at risk for relapse during a taper, let your doctor know. You can be re-stabilized and continue maintenance if needed.

Please note: This medicine is a narcotic medication indicated for the maintenance treatment of opioid dependence, available only by prescription, and must be taken under a doctor's care as prescribed. It is illegal to sell or give away your medicine.

Here to Help® is a registered trademark of Reckitt Benckiser Healthcare (UK) Ltd.

Please see your doctor or pharmacist for full Product Information and Medication Guide

Patient's signature

Date

17 Wall Street, Madison, CT 06443
p:203-245-0412 f: 203-245-0572