



MISSOURI

Highlands

HEALTH CARE



Treatment and Medication Guide

WE ARE HERE TO SUPPORT YOU

Our Team:



No Judgment - No Shame - You are Welcome Here!

Medication for Opioid Addiction

Want off Opioids? Medication can help!

Buprenorphine

A partial opioid that treats cravings & prevents withdrawals.
(dissolving strip, dissolving tab, long acting injection)

- Pros:**
- Highly effective
 - Can be helpful for chronic pain
 - Decrease risk of overdose and death
 - Can fully or partially block other opioids

- Cons:**
- Taste
 - Constipation possible



Naltrexone

An opioid blocker (pill or long acting injection)

- Pros:**
- Non-opioid
 - Effective
 - Can be given as a once monthly shot
 - Can also help decrease alcohol use

- Cons:**
- Need to be off opioids for at least 5 days
 - Decreased tolerance



Methadone

A LONG ACTING opioid that treats cravings & prevents withdrawals (pill or liquid)

- Pros:**
- Highly effective
 - Can be helpful for chronic pain
 - Decreases risk of overdose and death!

- Cons:**
- Frequent clinic visits needed



Is a weekly or monthly buprenorphine injection right for you?

Extended Release Buprenorphine is a once monthly injection of the active ingredient in Suboxone® and Subutex®

Pros:

- No more worrying about lost or stolen meds
- No more waiting for pills or strips to dissolve
- No more ups and downs throughout the day

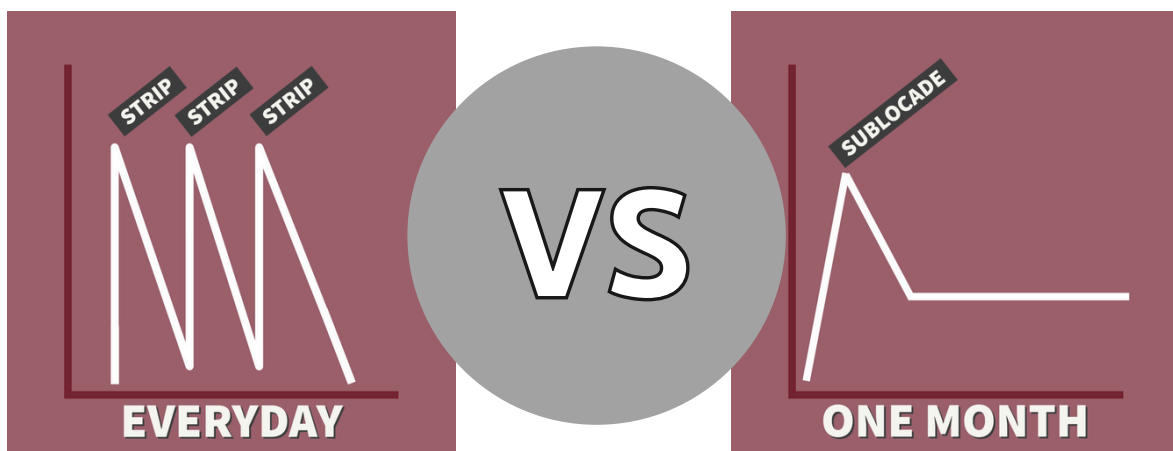
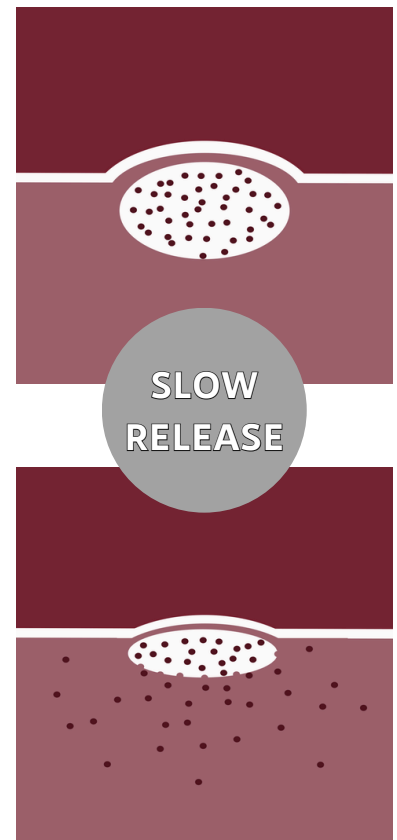
Cons:

- Some pain at site during injection

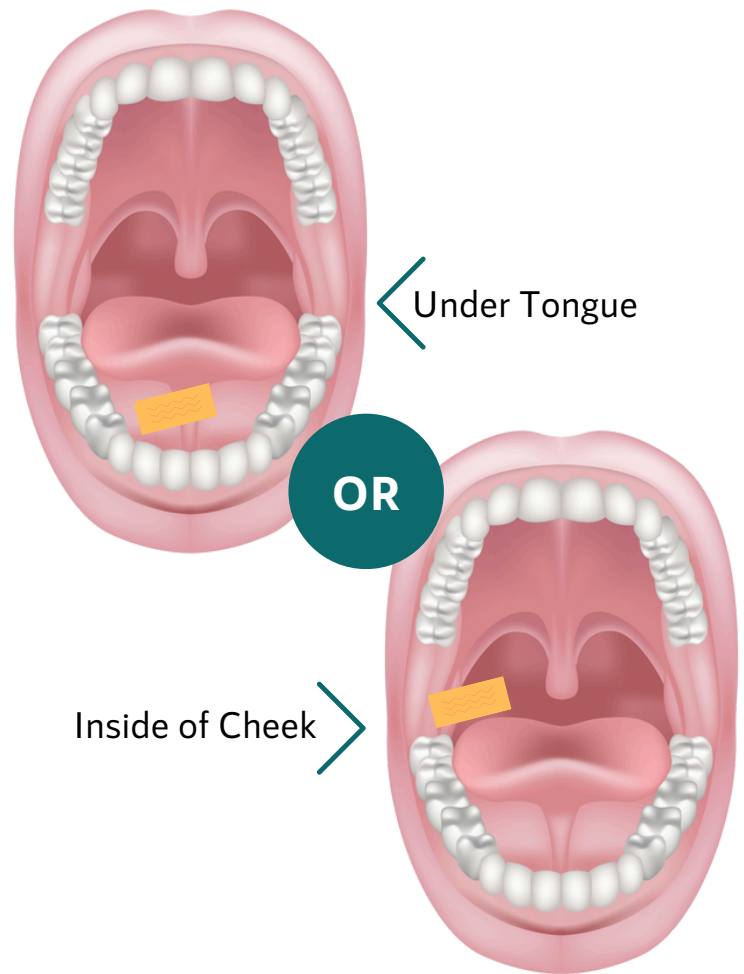
Worried about the shot wearing off?

Don't worry, strips or tabs can be given in the beginning to help you feel more confident!

Trusted Brands:



How to take Buprenorphine (Suboxone®, Subutex®)



Tips:

- Do not eat, drink, or smoke right away
- Safely store your medications way from kids
- Do not mix with alcohol, benzos, or other sedating substances
- Let strip fully dissolve
- Don't chew strip
- Brush / rinse off your teeth

Ready to Start Buprenorphine?



Wait until
withdrawal & you
feel really bad



Usually 12-24 hours
after last opioids

START

Take 8mg
Buprenorphine

1 DOSE

OR

2 DOSES

1 HOUR

Still Sick?
Take:

1 DOSE

OR

2 DOSES

DAY 1

MAX 4 DOSES

DAY 2

MAX 4 DOSES

DAY 3 TO VISIT

MAX 3 DOSES

** If you don't use every day or use smaller amounts you may want to start slower.



What if I'm Pregnant?

Can I take buprenorphine during pregnancy?

Absolutely! Buprenorphine is considered one of the treatments of choice in pregnant and breastfeeding mothers

Will I need to stop buprenorphine prior to delivery?

No. It is recommended for you to continue your same dose before, during, and after delivery

Can I be treated for pain during delivery?

Yes. You can still get an epidural and pain treatment as needed.

Am I a bad mom for being on medication during pregnancy?

Absolutely not! Getting treatment is one of the best things you can do for your baby!

MISSOURI HIGHLANDS OB/GYN

Hours: M-F / 7:30am - 4:00pm

2879 James Blvd / Poplar Bluff, MO

Call: (573) 609-8800

No Judgment

No Shame

You are Welcome Here

HOW TO

1. GET TREATMENT

Call Us: (573) 351-0138

2. NEVER USE ALONE

Download the Brave App.  Brave

Call: 1 (800) 484-3731



No Judgement
No Shaming
No Preaching
JUST LOVE!

Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of an "Unresponsive Person" at your location.

1(800)484-3731

www.NeverUseAlone.com

STAY ALIVE

3. ALWAYS CARRY NARCAN



**Our clinics have free Narcan.
Just ask!**

**Free Narcan Vending machines
are available:**

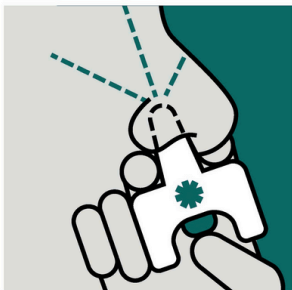
- **Butler Co. Health Dept.-**
1619 North Main Street Poplar Bluff
- **FCC- Crisis Unit-**
686 Lester Street Poplar Bluff
- **Behavioral Health Group-**
1369 North Westwood Blvd Suite 1 Poplar Bluff
- **FCC Behavioral Health-**
306 North 2nd Street Piedmont
- **Carter Co. Health Dept.-**
1611 Health Center Drive, Van Buren

WHAT TO DO IN CASE OF A SUSPECTED OPIOID EMERGENCY



LAY

- Check for slowed breathing or unresponsiveness.
- Lay the person on their back and tilt the head up.



SPRAY

- Insert device into either nostril and press plunger firmly.



STAY

- Call 911 immediately and continue to administer doses as needed.

SCAN TO
LEARN MORE



Use as directed. Refer to full Drug Facts label. 1 nasal spray device contains 1 dose. Safe to keep giving doses as needed.
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PP-NARCAN-US-00055-06.2023

Want to Stop or Decrease Alcohol Use

Medication may help!

Talk to your provider before you abruptly stop drinking.

Naltrexone

Decreases the rewarding effects of alcohol. (Daily pill or long acting injection)

- Pros:**
- Can decrease cravings
 - Comes in a once monthly shot
 - Also acts as an opioid blocker
- Cons:**
- The shot version can be expensive
 - You can still become intoxicated if you drink



Acamprosate

Helps you feel more balanced off alcohol (Comes as a pill)

- Pros:**
- Can help you feel better when you don't drink
 - Can decrease drive to drink
- Cons:**
- Have to take three times daily



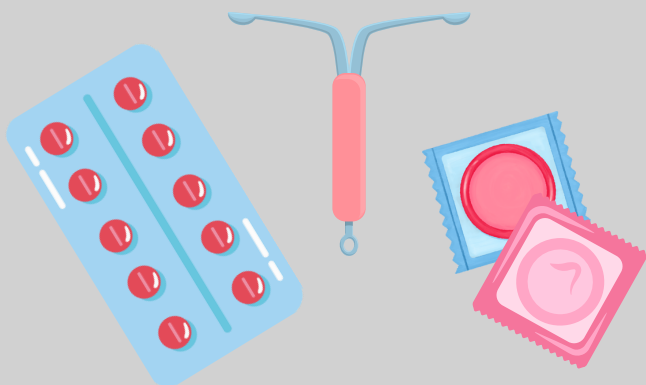
Disulfiram

If you drink, you will feel very sick. (Comes as a pill)

- Pros:**
- It is a deterrent
- Cons:**
- Need to be careful with alcohol in food, perfumes and skin care products.



We can also help with...



Birth Control

We can help discover what is right for you!



Hepatitis C Treatment

Hepatitis C can be cured!
We screen for FREE.



#STOPHIVTOGETHER

HIV Prevention

Do you know your HIV status? Get tested.
Ask about our free HIV at-home test kits.
**Ask about PrEP! A once daily pill can be
99% effective at preventing HIV!**

Important Phone Numbers

- **MHHC New Patient Line - (573) 351-0138**
- **Poplar Bluff MAT Suite Number - (573) 413-4501**
- **Suicide Crisis Line - Dial 988**
- **Never Use Alone Hotline - (800) 484-3731**
- **National Domestic Violence Hotline - (800) 799-7233**
- **National Sexual Assault Hotline - (800) 656-4673**
- **National Parent Hotline - (855) 427-2736**
- **National Human Trafficking Hotline - (888) 373-7999**
- **Trevor Project-LGBT Lifeline - (866) 488-7386**
- **Blackline-for BIPOC (Black, Indigenous, and People of Color) - (800) 604-5841**

Missouri Highlands Locations Near You:

- | | |
|-------------|----------------|
| • Annapolis | • Piedmont |
| • Doniphan | • Pilot Knob |
| • Ellington | • Poplar Bluff |
| • Eminence | • Van Buren |
| • Naylor | • Viburnum |

LEARN MORE: www.mohigh.org/mat

Scan QR code with smart phone for easy access to website.



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