

PATIENT WITHDRAWAL SUPPORT

What can I take to help with my withdrawal symptoms?

Your provider likely prescribed withdrawal support medications. You may start these as soon as you stop your opioid (you don't need to wait for withdrawal symptoms to begin). You may continue these through the first few weeks on buprenorphine if needed.

- Clonidine/Catapres (for restlessness/sleep/anxiety)
- Hydroxyzine/Atarax (for anxiety/sleep)
- Trazodone (for sleep)
- Ondansetron/Zofran (for nausea)
- Dicyclomine/Bentyl (for abdominal cramps)
- Ibuprofen or Tylenol (for muscle aches)



What else can help me through my withdrawal symptoms?

- Stay hydrated and nourished – drink water, electrolyte drinks (like Gatorade), and eat small, nutritious meals if possible (soup, crackers, toast)
- Take hot baths or showers if possible
- Use a heating pad for muscle aches and cramps if you have one, taking care not to fall asleep touching a heating pad
- Ask a supportive friend or family member to keep you company or call to check on you

OPEN

WARMLINE

1-855-BUPE-4-MI

