

# **WESTBROOK MEDICAL CENTER**

7328 MIDDLEBROOK PIKE

KNOXVILLE, TN 37909

(865) 769-2600

## **EXPLANATION OF TREATMENT**

### **PreInduction Visit**

You will be given a comprehensive substance dependence assessment, as well as all necessary diagnostic and laboratory testing. Also, at this time all relevant paperwork will be filled out by you and your treatment partner. You will be expected to pay any fees that are required as outlined during your telephone interview. Treatment expectations, your expectations, as well as issues involved with buprenorphine treatment will be discussed.

### **Induction**

At this time the doctor will talk with you and your treatment partner to answer any remaining questions that you have and you will be asked to sign a form giving your permission to the doctor to treat you with buprenorphine. In addition, a treatment plan will be developed addressing your specific needs, as related to your addiction. You will be switched from your current opioid (heroin, methadone or prescription painkillers) on to SUBOXONE. You must arrive for this visit experiencing mild to moderate opioid withdrawal symptoms. When the doctor examines you and determines you are in sufficient withdrawal, you will then take your first dose of SUBOXONE. Your response to the initial dose will be monitored. You may receive additional medication, if necessary, to reduce withdrawal symptoms. Since an individual's tolerance and reactions to SUBOXONE vary, daily appointments may be scheduled, and medications will be adjusted until you no longer experience withdrawal symptoms or cravings. Urine drug screening is typically required for all patients at every visit during this phase.

### **Stabilization**

Once the appropriate dose of SUBOXONE is established, you will stay at this dose until steady blood levels are achieved. You and your doctor will discuss your treatment options from this point forward.

### **Maintenance**

Treatment compliance and progress will be monitored. Participation in some form of behavioral counseling is strongly recommended to ensure best chance of treatment success. You are likely to have scheduled appointments on a weekly basis; however, if treatment progress is good and goals are met, monthly visits will eventually be considered sufficient. The Maintenance phase can last from weeks to years—the length of treatment will be determined by you and your doctor, and, possibly, your counselor. Your length of treatment may vary depending on your individual needs.

### **Medically Supervised Withdrawal**

As your treatment progresses, you and your doctor **may** eventually decide that medically supervised withdrawal is an appropriate **option** for you. In this phase, your doctor will gradually taper your SUBOXONE dose over time, taking care to see that you do not experience any withdrawal symptoms or cravings.