

Buprenorphine/Naloxone (Bup/Nal) Initiation in Emergency Departments & Urgent Care Centres Program

May 2023

Program Materials Ordering Process

The resources below have been registered with the Alberta Health Services provincial catalogue via DATA Communications Management Corp. and are available for order in professional formats.

Instructions to access materials:

Edmonton and North – ahsedmonton@datacm.com 780.577.8295
Central, Calgary and South – ahscalgary@datacm.com 403.207.6631
Print on Demand (or POD) items delivery times – 7-10 Working Days
Warehouse items delivery times – 1-5 Working Days

OR

DATA Online offers a variety of AHS material for end users to order as needed. In order to Self- Register for first time users, please follow the steps at <https://dol.datacm.com>



- Laminate 11 x 17 Words Matter- Opioid Use Disorder Poster: **Item # 105405**

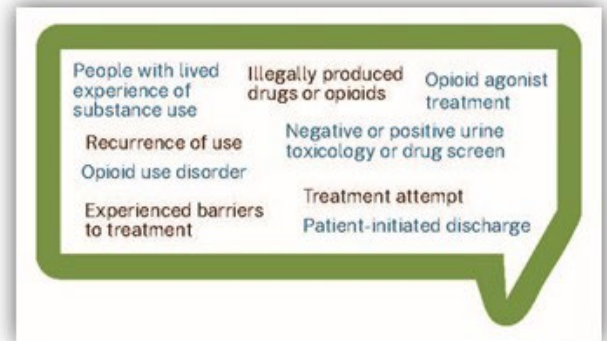


- Words Matter - Opioid Use Disorder Card: **Item # 105406**

Front



Back



- Trifold 8.5 X 11 Suboxone and You Pamphlet: **Item # 105081**

Suboxone could help you—today

You may be able to start Suboxone today.

Talk to your doctor or nurse about your options. They'll review a checklist with you, including:

- the kind of opioids you use
- the amount of opioids you use
- how long you've used opioids.

You have to be in moderate withdrawal ("opiate sick") before you can start Suboxone.

If you have an opioid use disorder, Suboxone may help you. Ask us if it's right for you.

Do I have to pay for Suboxone?

The cost of Suboxone is covered for many people. If you do have to pay, help is available. Contact:

Alberta Supports
Web: MyAlbertaSupports.ca
Call: 1-877-644-9992
Visit: Call to find the office closest to you.

Government of Canada: Health Benefits for First Nations and Inuit Services
Your local pharmacist can help you get coverage.

Suboxone and you

Help for your opioid use disorder

Alberta Health Services *helping solutions. together.*
Emergency Strategy
Critical Network™

What are opioids?

Opioids originally came from poppy plants. Today, synthetic opioids are also available. When prescribed by a doctor and used correctly, opioids can be effective for pain relief.

Other opioids (street drugs) are made and distributed illegally. The ingredients and amounts of opioids in street drugs are unregulated and are often unknown.

What is opioid use disorder?

Opioid use disorder (OUD) is the repeated use of opioids and being unable to stop using them without help. The opioids used can be prescribed medications or illicit (street) drugs. When overused or misused, they can cause OUD. Having OUD can be a chronic and life-threatening condition.

A simple way of describing addiction is the presence of the 4 C's:

- **Craving**
- **Loss of control** of the amount or how often you use
- **Compulsion** to use
- **User despite consequences**

Chances are we all know someone who is living with OUD. It can affect anyone of any status, gender, ethnicity or age. They may find it difficult to ask for help because of the stigma around opioid use. Breaking down the stigma begins with knowing and understanding the signs of OUD.

Opioid use disorder & you

Information for opioid users and their families and friends

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- Trifold 8.5 X 11 Opioid Use Disorder & You Pamphlet: **Item # 105096**

What does OUD do to the brain?

OUD changes how the brain works by causing it to release high amounts of dopamine. Dopamine is a hormone that controls the reward and pleasure centres in the brain. Extra activity in these centres leads to a "high" feeling and a stronger sense of well-being.

When opioids are taken regularly, the brain stops making the dopamine needed to feel "normal." This causes a craving or desire for opioids. Continued use of opioids also causes the brain to get used to them.

A drug tolerance is when the body needs more of a drug to get the same feeling or effect. Withdrawal is the process the body goes through as it gets used to the absence of a drug that was once used.

What are common signs of withdrawal?

- **runny nose**
- **sweating**
- **nausea**
- **diarrhea**
- **cold feet**
- **goosebumps**
- **anxiety**
- **irritation**
- **cravings**
- **muscle aches**

Suboxone can help

Suboxone is a medicine that lowers the risk of an opioid overdose. It is a combination of buprenorphine and naloxone.

When taken properly, naloxone has no effect on the body. Buprenorphine reduces cravings and withdrawal ("opiate sick") symptoms. It helps opioid users feel normal and use opioids less often and in smaller amounts.

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Understand relapse can happen. If it does, you can help someone living with OUD to start treatment again when they are ready. Encourage them to reconnect with a healthcare professional.

How you can help

Your support is important to someone living with OUD. You can:

- Learn more about OUD, a medical condition, at

How we can help you

If you or someone you know is living with OUD, Alberta Health Services offers support and treatment. Ask us how you can connect to them.

What is Suboxone?

Suboxone is a medicine that lowers your risk of an opioid overdose. It is a combination of buprenorphine and naloxone.

When taken properly, naloxone has no effect on the body. Buprenorphine reduces cravings and withdrawal ("opiate sick") symptoms. It helps you feel normal and use opioids less often and in smaller amounts.

Once on a stable dose, some people can stop taking other opioids altogether.

Who is Suboxone for?

Suboxone is used to treat people with opioid use disorder. A simple way of describing addiction is the presence of the 4 C's:

- **Craving**
- **Loss of control** of the amount or how often you use
- **Compulsion** to use
- **User despite consequences**

When is the right time to take Suboxone?

When you're in moderate withdrawal and feeling like you need to use opioids.

Withdrawal times vary by the type of opioid you've taken. A doctor can help you decide when to take Suboxone based on your opioid use.

Typical withdrawal times

You will have moderate withdrawal

If you are taking	You will have moderate withdrawal
Short-acting opioids: • Oxycodone • Fentanyl • Heroin • Hydromorphone • Oxycodone • Oxycodone • Oxycodone #1,2,3,4	12+ hours after taking
Long-acting opioids: • Hydromorphone • Oxycodone • Oxycodone	24+ hours after taking
Longer-acting opioids: • Methadone	72+ hours after taking

How does Suboxone work?

Suboxone reduces the risk of overdose and helps you feel normal. **Here's how:**

Taking opioids gives you "highs" and "lows" requiring you to take more. One dose of Suboxone every 24 hours helps to keep you feeling normal.

How is Suboxone taken?

Suboxone is placed under your tongue and dissolves. Your first dose is a small test dose to make sure the medication is started at the right time. After the test dose, you will be given other doses and will start to feel better.

The amount of time it takes to feel better is different for everyone. We will work with you to increase your dose as quickly as possible.

Ask your doctor if you are not sure if you are using short- or long-acting opioids. If you crush or inject your pills, this will shorten the time they last.

- Laminate 11 x 17 Public Waiting Room Poster: **Item # 105213**

Suboxone and you

If your opioid use is out of control, Suboxone may help you.

We are here to help. Ask your doctor or nurse if it's right for you.

Alberta Health Services *helping solutions. together.*
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Critical Network™

Together, we can save lives.