**PATIENT DISCHARGE INSTRUCTIONS**

**What You Need to Know:**

* After opioid detoxification, you have a decreased opioid tolerance and are susceptible to overdose and death if you return to opioid use. Your tolerance to opioids is back at zero! Even small amounts of opioids can result in overdose. This risk is even greater now that synthetic opioids like fentanyl are in the heroin and illicit opioids supply. Fentanyl is nearly 100 times stronger than morphine.
* Cocaine, methamphetamine, ecstasy, Xanax, and other pills purchased on the street may contain fentanyl and other synthetic opioids, and you should exercise similar caution if using these substances.
* If you return to opioid or other substance use, do not use alone and have a naloxone rescue kit available in the event of an overdose. Avoid combining opioids with other substances, and use a smaller dose as a first test dose (start low and go slow) because there may be strong synthetic opioids in the supply. Socially distance with peers in use settings, wear masks, wash hands, and if injecting use clean needles.
* Medications for opioid use disorder are strongly recommended given the significant risk of relapse and overdose death. You should start, or continue, medications for opioid use disorder in an outpatient setting.
* You will be provided with a short-term buprenorphine prescription as a bridge to your next appointment. You can continue on buprenorphine or transition to methadone if preferred. Vivitrol or injectable naltrexone is also still an option, but opioid agonist therapy is recommended until you establish a plan with your provider for attempting Vivitrol induction again.

**Call 911 or have someone else call if:**

* Your breathing becomes slow or shallow.
* Your skin becomes pale and your fingernails and lips are turning blue.
* Your speech is slurred, or you are confused.
* You are extremely drowsy and cannot stay awake.
* You feel unsafe or have acute medical concerns.

**Follow-Up Appointment:**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_ with Clinician: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pharmacy for prescription pick-up: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Patient Checklist:**

☐ I understand that I am at increased risk of relapse and overdose death when not on medication for opioid use disorder.

☐ I understand that after opioid detoxification, I may have decreased tolerance to opioids and am at increased risk of overdose if I relapse to opioid use.

☐ I understand that medications for opioid use disorder are recommended for treatment. These include methadone, buprenorphine, and extended-release naltrexone.

☐ I have a naloxone rescue kit and understand how to administer naloxone to reverse an opioid overdose.

☐ I have received a short-term prescription of buprenorphine until my next appointment. *Note: You should still receive a short-term prescription even if your appointment is the next day just in case you are not able to make it to the appointment.*

Patient Name (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date :\_\_\_\_/\_\_\_\_/\_\_\_\_

Clinician Name (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clinician Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date :\_\_\_\_/\_\_\_\_/\_\_\_\_