Rehab Investigates Mixing Xanax and Suboxone

June 04, 2024

June 04, 2024 -
Johnson City, TN ? ReVIDA® Recovery is a rehab center that recently released a blog post investigating the effects of mixing Xanax® (alprazolam) and Suboxone. With locations throughout Tennessee and Virginia, they bring ease of access to medication-assisted treatment (MAT) and outpatient therapy.

?Suboxone is a prescription medication that is a treatment option for opioid use disorder. As part of a complete program including therapy and coping skill classes, Suboxone can be the difference in preventing a return to use. Suboxone is a partial opioid agonist through buprenorphine, and activates some of the opioid receptors within the brain. However, they do not produce the same effects as full opioid agonists such as heroin or fentanyl. Suboxone also contains naloxone which is an opioid antagonist. This makes Suboxone not able to be misused, as the naloxone will counter the effects of the buprenorphine.

Xanax® (alprazolam) is a prescription medication commonly used to treat anxiety and panic disorders. It is classified as a benzodiazepine which means it affects the central nervous system to produce a calming effect. Xanax® (alprazolam) does pose the risk of dependence and should always be taken under a doctor?s orders. If you are at higher risk for developing dependence, talk with your doctor before taking Xanax® (alprazolam). They will be able to help guide you on better options and how to help manage your anxiety,? the article reads.

It is not recommended to take Suboxone and Xanax® (alprazolam) together. Combining these two medications increases the risk of extreme sedation and coma. Breathing problems can cause slowed or stopped breathing, leading to hypoxia. Hypoxia causes oxygen not to reach vital organs, and permanent damage can occur. The brain, heart, and lungs are most likely to become damaged, and in some cases the damage is irreversible. Mixing Suboxone and Xanax® (alprazolam) can even lead to death.

Suboxone side effects include anxiety, insomnia, sweating, gastric problems such as constipation or diarrhea, nausea, and redness of the mouth or a burning sensation. Xanax® (alprazolam) has its own side effects including dizziness, headaches, confusion, difficulty remembering events, coordination troubles, nausea, and insomnia. When both medications are taken together, side effects from either can become more intense. The person may engage in behaviors they wouldn?t normally do, such as reckless driving or unprotected sex with multiple partners. This stems from confusion and impaired thoughts. Taking both Suboxone and Xanax® (alprazolam) even accidentally can result in negative consequences.

?One of the healthiest approaches to anxiety management is practicing healthy coping skills. These can include grounding techniques, meditation, exercise, breathing exercises, mindfulness, and support groups. Even adjusting your diet and avoiding caffeine can show a reduction in anxiety symptoms. Also, becoming your own health advocate can help manage anxiety symptoms. Keep a journal of days where symptoms are at a high, and note the similarities in activities or food consumed. This will give you a better idea of your triggers and help you recognize and address them.

?Some antidepressants are used to treat anxiety. Serotonin and norepinephrine reuptake inhibitors (SNRIs) and Selective serotonin reuptake inhibitors (SSRIs) are commonly prescribed for depression, but some help with mood disorders and anxiety. These can be safe to take with Suboxone as long as they do not cause sedation effects. Your doctor will be able to suggest safe medications to try for anxiety while you are taking Suboxone,? the article continues.

ReVIDA® Recovery works within the Appalachian communities to connect those living with opioid use disorders to care. Through their flexible, outpatient program and doctor-supervised MAT, they offer options for those looking to reclaim their lives. Their staff is always available to welcome new patients and offers same-day appointments.

To learn more about ReVIDA® Recovery, call 423-631-0432 or visit their website.

###

For more information about ReVIDA® Recovery Johnson City, contact the company here:ReVIDA® Recovery

Johnson CityLeah Wilcher423-631-0432generalinfo@revidarecovery.com3114 Browns Mill Road,Johnson City, TN, 37604

ReVIDA® Recovery Johnson City

We are committed to our patients? well-being. Every day at ReVIDA® Recovery, we challenge ourselves to continue building your trust, as you travel the path of recovery.

Website: https://www.revidarecovery.com/locations/johnson-city/

Email: generalinfo@revidarecovery.com

Phone: 423-631-0432