# Local Rehab Investigates Suboxone Overuse

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Newport, TN ? ReVIDA® Recovery is a local rehab that recently published an article investigating what happens if too much Suboxone is taken. Specializing in the treatment of opioid use disorder (OUD), their program features outpatient therapy and medication-assisted treatment (MAT).

"Many who are familiar with Suboxone are aware of the ceiling effect, but what does this mean? Think about being inside and outside. Inside, we have a ceiling over our heads, a roof or a covering of some sort. When outside, there is no cover, and we can see up to the sky and beyond. Regardless, below our feet in both scenarios is the floor. The floor represents the baseline of not having any substances or medications within our system. Now think about taking a substance, say heroin. The goal is to get high, and the feelings keep rising as if standing outside. There is nothing stopping you from taking more heroin to keep going higher and increasing the effects. However, this can lead to an overdose, like falling from the sky without a parachute.

"With Suboxone, you begin on the floor just the same. But taking Suboxone is taking a medication, which is regulated and has a purpose. Therefore, it is comparable to being inside, with a ceiling overhead. It contains naloxone along with buprenorphine. Buprenorphine provides some feelings of calm and euphoria, but naloxone keeps those feelings in check and prevents them from reaching the sky. Taking more Suboxone will still keep those feelings the same ? contained by the ceiling. Naloxone is an opioid antagonist, meaning it

binds with opioid receptors to block the effects of opioids. It is the same medication used to reverse opioid overdoses, and when combined with buprenorphine, Suboxone is formed to provide relief from opioid cravings and prevent opioid overdoses,? the article reads.

All medications can have side effects and Suboxone is no different. However, these side effects typically go away after a few days or weeks. If side effects of stomach cramps, insomnia, and headaches persist for longer, the dose of Suboxone may be too high. The prescribing doctor can adjust the dose to reduce these symptoms.

Suboxone treatment may come with other medications and different appointments. Planning ahead for doctor?s visits and keeping a medication schedule can help avoid taking too much Suboxone. This can be done through a written planner or through a smartphone. Pill organizers can also be utilized to help keep track of medications and what times of day they need to be taken.

?Suboxone is a medication used for treating opioid use disorder, meaning a doctor will need to prescribe it and oversee treatment. If Suboxone is making it difficult to perform daily tasks or the side effects are interfering with day-to-day life, talk to your Suboxone doctor. The dose may be too high or too low and require adjustments. If you ever experience withdrawal symptoms while taking Suboxone, let your doctor know immediately. Withdrawal can cause mental and physical discomfort and lead to a return to use. This does not mean your recovery is over and you can never take Suboxone again. Your doctor will continue to work with you to find what dose works for you,? the article continues.

Cravings are a normal part of early recovery and Suboxone should help ease them over time. If cravings are causing difficulties in day-to-day life, speak with the doctor about the dose. It may need to be adjusted to help properly. Therapy and support groups can also help with managing cravings.

ReVIDA® Recovery focuses on treating opioid use disorder knowing the prevalence it has throughout the Appalachian area. Their program offers flexible outpatient therapy in both individual and group settings. The team is rounded out with Suboxone doctors who manage the patient?s medication-assisted treatment regime. They pride themselves on treating all of their patients with respect and compassion.

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

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# ReVIDA® Recovery Newport

*Our supportive and passionate staff is ready to help regardless of your past treatment experiences and at whatever stage of your opioid addiction treatment journey you are in.*

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