Local Rehab Investigates How to Taper Off Suboxone

October 09, 2024

HIXSON, TN - October 09, 2024 -
Chattanooga, TN ? ReVIDA® Recovery is a local rehab that recently published an article investigating how to taper off Suboxone. With locations throughout Tennessee and Virginia, they are easing access to quality opioid use disorder care.

?Suboxone is a medication used to treat opioid use disorder. It relieves withdrawal symptoms from opioid drugs while also reducing cravings for opioids. Suboxone is available in an oral film or tablet form and is taken once opioid withdrawal symptoms have started, or when a person is no longer taking opioid drugs.

"According to the Indian Health Service, Suboxone is a type of partial opioid agonist. A partial opioid agonist binds to opioid receptors but activates them less strongly than other full agonist opioids. Full agonist opioids activate or turn on the opioid receptors in the brain fully, which results in a person experiencing the full opioid effect. Examples of full agonist opioids are heroin, oxycodone, methadone, hydrocodone, morphine, and opium,? the article reads.

Suboxone is effective due to the ceiling effect of the medication. The ceiling effect means that taking more Suboxone will not produce a greater effect. This lowers the likelihood of experiencing a Suboxone overdose. The ceiling effect also does not create such an intense euphoric effect as other opioids do.

The tapering schedule to reduce or stop Suboxone may vary from person to person. It is always best to consult the healthcare prescriber before changing the current dosage schedule. They will determine a healthy and safe treatment plan to meet the patient?s needs and goals. On average, the tapering schedule will look like day 1 starting with an immediate dose decrease of 25%, which reduces the dose to 12 mg/day. Then on day 6, reduce the dose from 12 mg per day to 8 mg per day. This is followed by steady decreases over the next 45 days until the dose is at .5mg per day.

?While tapering from Suboxone, there may be withdrawal symptoms that occur, such as hot and cold flashes, fatigue or feeling tired, myalgia (muscle soreness and achiness), physical and mental cravings, diarrhea, sweating, nausea and vomiting, insomnia (trouble staying or falling asleep), and negative mood changes (irritability, moodiness, depression, anxiety, suicidality).

"To cope with suboxone withdrawal symptoms, it may be helpful to exercise regularly, take regular hot showers or warm baths, maintain a healthy diet and stay hydrated, journal, meditate, listen to music, and go for mindful walks outside.

"Consult with your healthcare provider to see if over-the-counter medications, ginger ale, or other natural remedies (lemon balm, magnolia root) may help you cope with withdrawal symptoms,? the article continues.

Opioid use disorder is fairly common, with over 50,000 Tennessee residents having the condition. Overdose deaths from opioids including fentanyl affected over 1,000 residents, which was a drastic increase in previous years. Suboxone helps people living with opioid use disorder curb their cravings and live a healthier lifestyle.

ReVIDA® Recovery has helped many find their success in recovery from opioid use disorders. Their program utilizes outpatient therapies combined with Suboxone treatment, which is offered at all of their locations. They accept commercial insurance as well as Medicaid, further increasing access to quality care. Once patient care is established, they offer telehealth services as a convenience, especially for those who do not have access to transportation.

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

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ReVIDA® Recovery Chattanooga

We are committed to your well-being and building a foundation of trust in you. Every day that you arrive at ReVIDA® Recovery Chattanooga, you will see us challenging ourselves to make your experience even better than your last visit.

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