



# What is Opioid Use Disorder and Medication-Assisted Recovery?

Discover Your New Path to Recovery

## Defining Opioid Use Disorder

Opioid Use Disorder (OUD) is a problematic pattern of opioid use that leads to a physical or mental reliance on opioids. It is informally referred to as “addiction,” and can describe the misuse of prescription opioids or the use of illicit opioids, like heroin or fentanyl. Work with your doctor to find out if you are experiencing OUD, as there are specific criteria that a health care professional may use to determine whether or not you have OUD.

Examples of behaviors by someone with OUD include:

- Repeated attempts or desires to reduce use without success
- Cravings for more opioids of any kind
- Experiencing withdrawal
- Continuing to use even though using is causing challenges at home, at work, or in relationships

Recovery, while challenging, is possible for you through Medication-Assisted Recovery.

## Defining Medication-Assisted Recovery

Medication-Assisted Recovery (MAR) is a type of treatment for OUD where medications and optional behavioral counseling are used to sustain recovery. Medications work to reduce your cravings and most help your withdrawal symptoms. MAR can help you move past your OUD and take back the power in your life.



# The Medications of MAR

## Methadone

Visit an opioid treatment program clinic each day to receive your dose until you're cleared for less frequent visits. This provides you with daily accountability, but requires daily attendance at first. Other services, like counseling, are also available to support you.

## Buprenorphine (Suboxone<sup>®</sup>, Subutex<sup>®</sup>, Zubsolv<sup>®</sup>)

Buprenorphine is available from a primary care physician licensed for MAR. Get a prescription and take it daily from the comfort of your own home. You must be in some level of withdrawal (typically 12-24 hours) before beginning use or it may make you feel sick. Taking it regularly helps prevent an overdose if you happen to return to opioid use.

## Naltrexone (Vivitrol<sup>®</sup>)

Naltrexone is taken as a monthly shot and reduces opioid cravings. You must be in withdrawal for 7-10 days before beginning use or it may make you feel sick.

There is no one-size-fits-all solution to OUD, but MAR can help. Talk to your doctor about customizing a treatment for you.



For more information and resources about opioid use disorder and Medication-Assisted Recovery, visit [RethinkRecoveryIL.com](https://RethinkRecoveryIL.com).

