

# Medication Assisted Treatment


## Opioid Substitution Therapy (OST) treatment options

Information for you

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The particular medicine and dosage used will be decided between you and the prescriber. Your personal circumstances and needs, your alcohol and drug use history, risk factors, clinical situation, medical and treatment history and your individual goals and aspirations will be taken into account.

## **Methadone**

Methadone is a synthetic opiate manufactured as a painkiller and a substitute for heroin in the treatment of heroin addiction. The dose of methadone is initially aimed to prevent withdrawal symptoms that would otherwise develop when street heroin is stopped. The dose can be gradually reduced over time.

Mixing methadone with alcohol, or with other sedatives such as benzodiazepines, can have serious consequences including overdose.

## **Oral Buprenorphine (Espranor and Suboxone)**

Buprenorphine is an opioid medication which is prescribed as a treatment for opioid addiction. Buprenorphine reduces cravings, suppresses withdrawal symptoms and blocks the effect of other opioids used on top. To get the best effect from buprenorphine you should be feeling mild physical withdrawal before you start taking it. Buprenorphine is generally less sedating than other opioids and may be safer.

## **Buvidal**

Buvidal is a medicine used to treat dependence on opioid drugs such as heroin. Buvidal helps to prevent withdrawal

symptoms and reduces the urge to misuse other opioids. Buvidal is given as an injection under the skin, either once a week or once a month.

## **Polydrug use and the risks**

Polydrug use, in particular the use of a range of depressant drugs has caused a sharp rise in drug related deaths over the last few years. This increase is largely due to deaths where 'street' benzodiazepines (such as etizolam) were used.

Benzodiazepines can cause drowsiness and long periods of sleep. They also slow down your heart rate and breathing. Other effects can include depressed breathing, lack of coordination, short term memory loss, reduced mental alertness and slowed speech.

Taking additional drugs or medicines along with prescribed medication is dangerous. They do not mix well and the combination may have unpredictable effects.

## **Preventing overdose with Naloxone**

### **What is Naloxone?**

Naloxone is a first aid intervention. It temporarily reverses the effects of opiate drugs. Opiates are a class of drug that includes heroin/morphine, methadone, Buprenorphine and Dihydrocodeine. In a potentially fatal opiate overdose, Naloxone can buy time until an ambulance arrives.

Naloxone has no intoxicating effect or dependence potential. It may be legally administered by anyone to anyone for the intended purpose of saving a life.

# Signs of overdose

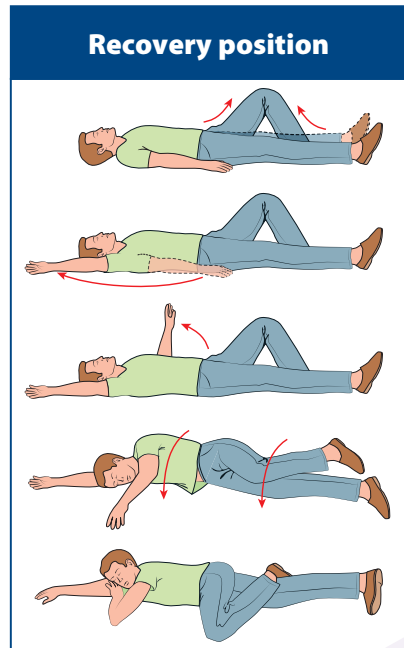
If you see someone who is

- Unresponsive

And has any other signs

- Snoring
- Shallow breathing
- Pale skin
- Blue lips
- Pinpoint pupils

- ✓ Dial 999 and ask for an ambulance.
- ✓ Put the person in the recovery position and do CPR if you know how.
- ✓ Use Naloxone.
- ✓ Stay with them until the ambulance arrives.
- ✓ Remember, uppers do not help and can make things worse.



If you, or someone in your household is at risk, make sure you have a Naloxone kit available. Your worker can supply you with a kit and additional kits can be provided by contacting East Ayrshire Community Addiction Team. Kits can be posted or delivered to your address.

## Useful services information

### East Ayrshire Treatment and Recovery Team

Service	Contact details
The East Ayrshire Community Addiction Team	01563 574237
Rapid Access to Drug and Alcohol Recovery (RADAR)	01563 578770 aa.clinicaladdictionservices-eastayrshire@aapct.scot.nhs.uk
We Are With You in East Ayrshire	01563 558777

### Injecting Equipment Provision (IEP) Services

Service	Contact details
The East Ayrshire Community Addiction Team	01563 574237

### East Ayrshire Housing

Service	Contact details
East Ayrshire Housing Options	01563 554554 HOMELESSNESS@east-ayrshire.gov.uk
East Ayrshire Housing (out of hours)	03457 240000

## **Useful Contacts** \*\*\*In an emergency Dial 999\*\*\*

- NHS 24 (outwith Mon-Fri, 9am-5pm) **111**
- Emergency dentist **01563 578664**
- NHS inform helpline **0800 224488**
- University Hospital Crosshouse **01563 521133**
- University Hospital Ayr **01292 610555**
- The Samaritans **116 123**
- Breathing Space **0800 83 85 87**
- Quit Your Way **0800 783 9132**
- Scottish Domestic Abuse Helpline **0800 027 1234**
- East Ayrshire Foodbank **01563 574000**  
**info@cvoea.co.uk**

For the latest, up to date information, support and advice, on your devices download our Alcohol and Drug app

The app provides information about:

- Local services and support
- Helpful websites
- Current alerts
- Who to contact in an emergency
- Events in your area including free training
- Self-help
- Ward 5 (residential facility at Woodland View, Irvine)

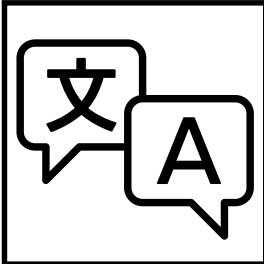


## To get the app

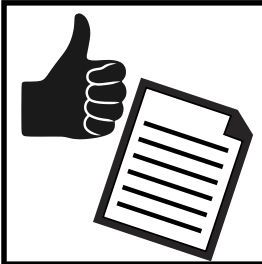
Download the NHS Ayrshire & Arran app from your Apple or Android app store. Then search for Addictions.

NHS Ayrshire & Arran Addictions Site - <https://www.nhsaaa.net/services-a-to-z/addiction-services/>

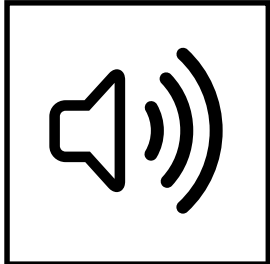
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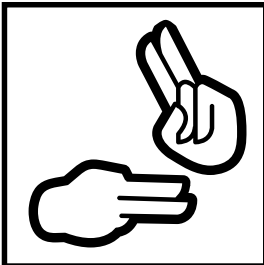
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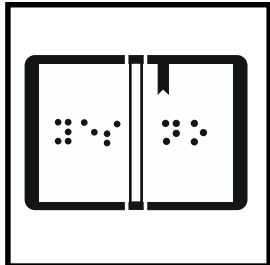
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