

## Do I need OAT?

A simple way to see if you are struggling with problematic opioid use are the 4 Cs

- Do you struggle with **cravings**?
- Do you experience a loss of **control** deciding on how much to use and how often?
- Do you experience **compulsions** to use?
- Do you use despite what might be negative **consequences**? (overdose, run out of money, lost housing, damaged relationships)

If you answered yes to any of the above questions, you may be a candidate for OAT.

OAT medications  
are free in B.C.

## OAT are evidence-based medicines used to treat opioid use disorder (opioid addiction)

Some of the medications used for OAT are:

- buprenorphine (Suboxone®)
- methadone
- slow release oral morphine (SROM/Kadian®)
- buprenorphine extended release (Sublocade® injection)

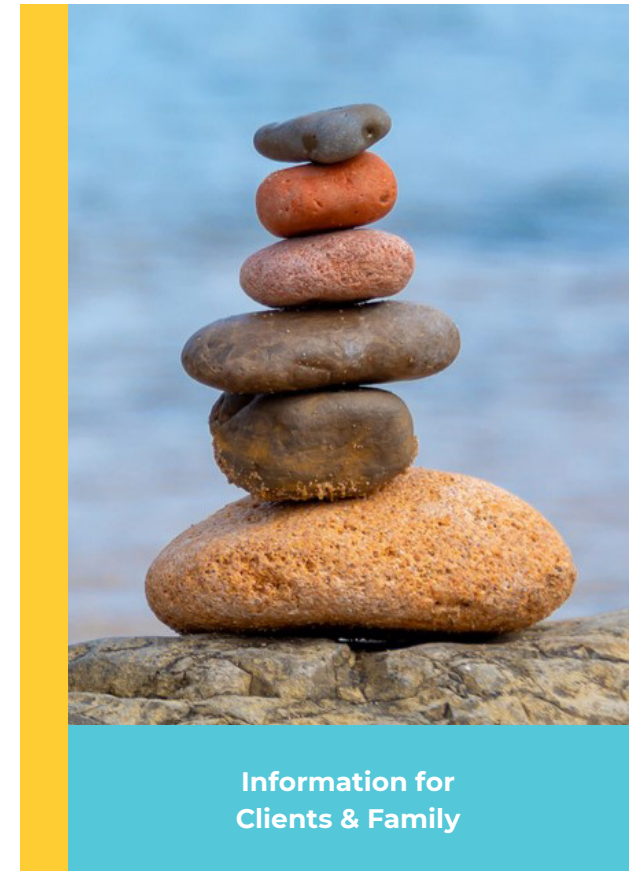
### To learn more

Talk to your family doctor, contact your local mental health & substance use office or call 310-MHSU (6478)



<https://www.youtube.com/watch?v=NsYuNrmIX7E>

## Opioid Agonist Treatment (OAT)



Do you or someone  
you know use opioids  
(e.g. down)?

## What is an Opioid?

Opioids are a type of drug that relieves pain. They can also be called street names like “down” or “dope”.

They come in prescription and non-prescription forms, including:

- morphine
- Tylenol® with codeine (T3's)
- hydromorphone (Dilauded®)
- oxycodone (Percocet®, Oxyneo®)
- heroin
- fentanyl

## What is Opioid Agonist Treatment (OAT)?

OAT is an evidence-based treatment that uses prescribed medications to treat people who have opioid use disorder (opioid addiction). These medications decrease cravings and withdrawal symptoms which help a person with opioid use disorder to better engage in counseling, therapy and other supports.

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- methadone
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## Benefits of OAT



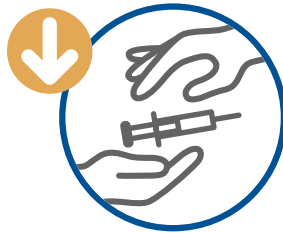
You are less likely to die from toxic drugs



You are less likely to continue using street drugs



You are more likely to connect with health services and other supports



You are less likely to share needles and expose yourself to HIV or Hepatitis C

## What to expect when starting OAT

When starting OAT your health care team will ask about your past experiences, current situation, and your goals for the future. Together you will create a plan to meet your personal needs. OAT can be combined with other treatment programs like counseling. OAT medications are free in B.C.

## Facts about OAT

- Trying to withdraw from opioids on your own, without the support of OAT, is dangerous and can lead to relapse (90%). The loss of tolerance to opioids occurs quickly and withdrawal alone is not recommended due to the high risk of death from the toxic drug supply.
- OAT is the most effective treatment for an opioid use disorder. It can reduce cravings, prevent you from feeling sick, and help you to achieve your goals.
- Those who remain on OAT for at least 12 months have a much greater likelihood of remaining opioid free in the long-term.
- If you are pregnant, withdrawing from opioids can be dangerous for you and your baby. OAT can be started during pregnancy and is safer than withdrawal alone.