

Name/Practice Name: _____
Address: _____
Address: _____
City, State, ZIP: _____
Phone: _____
Fax: _____

EXPLANATION OF FIRST VISIT

Your first visit is generally the longest, and may last anywhere from 1 to 4 hours.

When preparing for your first office visit, there are a couple of logistical issues you may want to consider:

- You may not want to return to work on the day of your visit—this is very normal, so just plan accordingly
- Because the medication can cause drowsiness and slow reaction times, particularly during the first few weeks of treatment, driving yourself home after the first visit is generally not recommended, so you may want to make arrangements for a ride home

It is very important to arrive for your first visit already experiencing moderate opioid withdrawal symptoms. If you are in withdrawal, the medicine is supposed to help lessen the symptoms. However, if you are *not* in withdrawal, the medicine will “override” the opioids already in your system, which will *cause* severe withdrawal symptoms.

The following guidelines are provided to **ensure you are in withdrawal for the visit**. (If this concerns you, it may help to schedule your first visit in the morning; some patients find it easiest to skip what would normally be their first dose of the day.)

- No methadone or long-acting painkillers for at least 24 hours
- No heroin or short-acting painkillers for at least 4 to 6 hours

Bring ALL medication bottles with you to your first appointment.

Before you can be seen by the doctor, all of the paperwork your doctor provided must be completed. If your doctor provided the paperwork to you prior to this visit, bring it completed or arrive about 30 minutes early to fill it out.

Urine drug screening is a regular procedure of treatment, because it provides physicians with important insights into your health and your treatment. Your first visit will include urine drug screening, and may also entail a Breathalyzer^{®*} test and blood work. If you haven't had a recent physical exam, your doctor may require one. To help ensure that this medicine is the best treatment option for you, your doctor will perform a substance dependence assessment and mental status evaluation. Lastly, you and your doctor will discuss the medicine and your expectations of treatment.

After this portion of your visit is completed, your doctor will administer your first dose. Your doctor may have you fill the prescription at the pharmacy and return to the doctor's office so you can take the medication in a safe place where the medical staff can monitor your response.

Once you take your first dose, you should begin to feel better within 30 minutes. Your doctor may choose to give you additional doses while you are in the office. It's important that you are honest about how you are feeling during induction so your doctor can find the appropriate dose for you.

When you leave the office, the doctor will likely give you a prescription that will last until your next appointment. The doctor may also want to discuss counseling with you, since medication plus counseling has been shown to produce better results. At the same time, your doctor may suggest enrolling in the Here to Help[®] Program, which can provide you with an added support system.

Your doctor may ask you to keep a record of any medications you take at home to control withdrawal symptoms. You will also receive instructions on how to contact your doctor in an emergency, as well as additional information about treatment.

CHECKLIST FOR FIRST VISIT:

- Arrive experiencing moderate **opioid withdrawal** symptoms
- Arrive prepared to give a urine sample for screening
- Bring completed **forms** (or come 30 minutes early)
- Bring **ALL medication bottles**
- Fees due** at time of visit (cash or check)

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*Breathalyzer is a registered trademark of Draeger Safety, Inc., Breathalyzer Division.

Please see your doctor or pharmacist for full Product Information for your medicine