

# Naltrexone Checklist

Take an opioid history	<ul style="list-style-type: none"> <li>• Tell me about your opioid use. What do you find beneficial?</li> <li>• Have you ever injected any drug?</li> <li>• When/why did you decide to stop?</li> <li>• When was the last time you used an opioid?</li> <li>• Did you have withdrawal symptoms? Are they finished? When was the last time you felt withdrawal?</li> </ul>
Confirm diagnosis of Severe OUD	<ul style="list-style-type: none"> <li>• See DSM-5 worksheet (<math>\geq 6</math> criteria)</li> </ul>
Ask about other drug use	<ul style="list-style-type: none"> <li>• Alcohol?</li> <li>• Marijuana/THC?</li> <li>• Nicotine/Vaping?</li> <li>• Recommend a quit trial if willing</li> </ul>
Discuss medication options	<ul style="list-style-type: none"> <li>• Naltrexone</li> <li>• Buprenorphine</li> <li>• (Methadone) – from a specialized program</li> </ul>
Check LFTs	<ul style="list-style-type: none"> <li>• If patient has a history of injection drug use or risky sexual activity, order Hep C/HIV and wait prior to starting</li> </ul>
Perform a COWS	<ul style="list-style-type: none"> <li>• If COWS <math>&lt; 5</math> OK to start naltrexone</li> </ul>
Prescribe naltrexone	<ul style="list-style-type: none"> <li>• Start at 25 mg (half a tablet) on the first day</li> <li>• If well tolerated, increase to 25 mg bid on the second day</li> <li>• Change to 50 mg qd on the third day</li> <li>• Plan to change to injectable (Vivitrol) after first week</li> </ul>
Order Vivitrol	<ul style="list-style-type: none"> <li>• See separate guidance on ordering and billing</li> </ul>
Offer Drug testing	<ul style="list-style-type: none"> <li>• See separate Drug Testing guidance sheet</li> </ul>
Offer supportive counseling	<ul style="list-style-type: none"> <li>• Teens attempting behavior change can benefit from supportive counseling.</li> <li>• Many teens with substance use disorders have co-occurring mood and/or anxiety disorders and may be willing to accept a referral for help with these issues</li> </ul>

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