



## LOW DOSE NALTREXONE-DRUG OF CHOICE FOR NEW\* IPS PATIENTS

A major advance in pain management is the discovery of low-dose naltrexone (LDN). It is now the preferred, first drug of choice for constant pain. LDN not only relieves pain but has anti-inflammatory and immune boosting properties on brain and spinal cord tissues.

### WHO SHOULD TAKE LDN?

Those persons who are not currently on daily opioids. A major purpose of LDN is to prevent the necessity of daily opioids including buprenorphine/Suboxone®.

### PART OF A MULTI-DRUG PROGRAM

LDN should ideally be a part of a multi-drug program. A nerve conduction blocker (neuropathic) agent such as gabapentin or diazepam will almost always boost pain relief. A dopamine surrogate such as Adderall®, Ritalin®, or mucuna, is very helpful. Routinely recommended are standard anti-inflammatory (e.g., Ketorolac) and tissue healing (anabolic) agents (e.g., DHEA). A pain flare medication should also be handy and ready. Some patients taking LDN can occasionally take a low dose of tramadol, codeine, or hydrocodone for pain flares. Other flare medications include ketamine, CBD, medical marijuana, ibuprofen(800mg.) oxytocin, kratom, and ketorolac.

### \*CAUTION AND WARNING

Persons who currently take daily opioids must withdraw from daily opioids before starting LDN. In our studies patients sometimes became “deathly” ill if they took LDN while still on opioids. Severe withdrawal may set in, pain relief will diminish, and, at worst, a cardiac-adrenal crisis may be precipitated.

### DOSAGE

Starting dosage is usually 0.5 – 1.0 milligram(mg.) taken twice a day. The average maintenance dose is about 3.0 – 5.0 mg. given twice a day. The maximum is about 7.0 mg. taken twice a day.

### STAY WITH WHAT IS WORKING

If one has IPS and is currently on a regimen including opioids that satisfactorily reduces pain, there is no medical reason to switch to LDN.

*Published as a public service by the  
Intractable Pain Syndrome Research & Education Project of the Tennant Foundation  
4931 W. Central, Wichita, KS, 67212 Phone: 626-919-7476 Fax:316-260-4077  
E-mail: tennantfoundation92@gmail.com www.arachnoiditishope.com www.intractablepainsyndrome.com*

***This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.***