

WHAT TO DO IF YOUR OPIOIDS ARE SUDDENLY STOPPED

Based on what I perceive, physicians everywhere feel pressured to stop or restrict the prescribing of opioid drugs. Every week I hear from legitimate, needy persons whose doctor has suddenly, without warning, stopped or restricted opioids. What does one do in this case?

FIRST: Try to join a social media or support group and find out what other persons have done in this situation. Find out if there are physicians or nurse practitioners in your geographic area who may prescribe what you need.

SECOND: Obtain whatever prescription medications you can obtain from your local medical practitioners. Identify drugs that can boost or supplement them. Most doctors and nurse practitioners will prescribe at least a neuropathic drug for pain (e.g., gabapentin, Soma®, Valium®, or other).

THIRD: Become familiar with and obtain kratom. It is a non-prescription opioid-acting drug. Many persons with intractable pain are surviving because of it.

FOURTH: Most persons who have been deprived of opioids can get some relief with the following:

- a. CBD products or marijuana
- b. Taurine – 2000 mg taken 3 to 4 times a day

FIFTH: Take tryptophan, 500 to 1000 mg at bedtime along with any other sleep medication.

SIXTH: Try to learn as much as you can about the disease that is causing your pain. If you can treat the cause of your pain, your need for opioids and other pain medications will decrease. Study the chronicles on our website and perhaps obtain our handbooks from Amazon.

Lastly, be practical! Don't assume that prescription opioids will again be available to you.