

#10 – STEP DOWN DOSAGE REDUCTION AND SELF-TREATMENT OF OPIOID WITHDRAWAL SYMPTOMS

“MARCH TO 90”*

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GET STARTED TODAY: Any pain patient who is taking a dosage of opioids over 90 MME a day (milligrams of morphine equivalence) should be on a progressive step-down, dosage reduction plan if not an aggressive effort to rapidly reduce to 90 MME.

5% PLAN: We recommend 5% a month. You simply calculate 5% of your current dosage and reduce by this amount each month.

EXAMPLES:

<u>MONTH</u>	<u>DAILY DOSAGE</u>	<u>5% REDUCTION</u>	<u>NEW DOSAGE</u>
1	500 MG	25 MG	475 MG
2	475 MG	24 MG	451 MG
3	451	23 MG	428 MG

GOAL OF 5% PLAN: The “5% Plan” will help you reduce our baseline opioid dose by 30-50%. To reduce further, you will need to develop a new baseline treatment plan and vigorously treat all 3 kinds of centralized intractable pain: (1) baseline; (2) brain discharge/descending; and (3) flares. A 30-50% reduction is doable by everyone. If a pain patient says they can’t reduce this amount, expect your physician to believe you are addicted and not worthy of being treated.

STEPS AND HOW TO TREAT WITHDRAWAL SYMPTOMS: When on the “5% Plan” you won’t initially need much help to treat withdrawal symptoms, but you will when you reduce about 20-30%.

REAL PROBLEM TODAY!

Lots of chronic pain patients are literally being thrown out of pain treatment and sometimes, without warning, opioid dosages are slashed or eliminated. Pain patients and their advocates must know how to self-treat withdrawal symptoms.

STEP NO. 1: Go to your local health food store and purchase their highest dosage of taurine.

In this political, anti-opioid climate, taurine can be your “best friend”. WHY? At high dosages, it suppresses opioid withdrawal symptoms.

STEP NO. 2: While at the Health Food store also purchase a bottle of tryptophan or 5-hydroxytryptophan (5-HTP). Buy the cheapest.

STEP NO. 3: Take these dosages:

- a. Taurine 2000 mg every 4-6 hours
- b. Take tryptophan 500-1000 mg and/or 5-HTP (50-100 mg) and valerian root (400-800 mg) with the taurine to better eliminate or suppress opioid withdrawal symptoms.

PRESCRIPTION DRUGS FOR OPIOID WITHDRAWAL SYMPTOMS: Your physician may be willing to prescribe one of the following which will boost the effects of taurine:

- a. Clonidine, .1-.2 mg
- b. Tizanidine, 4 mg

LONG-TERM USE OF OPIOID WITHDRAWAL DRUGS: You can use (1) taurine, (2) 5-HTP, (3) tryptophan, (4) clonidine, (5) tizanidine; and (6) valerian root for long-term to keep your opioid dosage down and to keep from getting withdrawal sickness. If coming off methadone, you will have withdrawal symptoms up to 10-12 weeks.

DON'T KID YOURSELF!

Lots of pain patients think that the political, anti-opioid, anti-patient, anti-doctor climate will change and again allow high and ultra-high opioid dosages. While there are now regulatory, supply, and insurance issues that restrict opioids, what is being overlooked, sadly, is that doctors everywhere are rejecting pain patients due to malpractice restrictions and the extraordinary amount of time and loss of money necessary to service a chronic pain patient (pharmacy calls, insurance hassles, paper work, forms, complaints, reviews, etc.).

BOTTOM LINE!

Be prepared to help yourself along with whatever help you can get from your local physician, nurse practitioner, and pain clinic.

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www.arachnoiditishope.com

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