

# Alameda Alliance for Health Medicines for Opioid Dependence



## Prescription Opioids – Pain Relievers

**At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. You can use this guide to help control your use of opioids.**

Even when opioids are taken as the doctor ordered, they can still cause dependence or addiction. To treat opioid dependence, doctors combine medicines with behavioral therapy. This is called Medication-Assisted Treatment (MAT).

### Medicines to Reduce Opioid Cravings

If you find it hard to control your use of opioids, MAT can help. Ask your doctor about medicines to reduce opioid cravings.

The three (3) medicines below may work for you:

- 1. Buprenorphine** is a safer choice for pain and may help prevent opioid cravings.
- 1. Methadone** tricks the brain into thinking it's still getting opioids. This is given at an opioid treatment program (OTP) clinic.
- 3. Naltrexone** lessens the desire to take opioids. This is given at your doctor's office.



### Medicine to Reverse Overdose

**Naloxone** can save someone from an opioid overdose. It begins working within two (2) to three (3) minutes. The medicine comes in a spray (left picture) or injection device (right picture) that are both easy to use.



Examples of Naloxone.

**Do you need more support?** Please call Alliance Health Programs  
Monday – Friday, 8 am – 5 pm  
Phone Number: **1.510.747.4577**  
People with hearing and speaking impairments (CRS/TTY):  
**711/1.800.735.2929**  
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