

Opioid Withdrawal

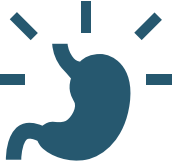





Symptoms to Track During Opioid Tapering

What is Opioid Tapering?

Taking opioids for even a short time can cause patients to experience withdrawal when the medication is stopped abruptly. To prevent you from experiencing severe withdrawal, your provider is going to gradually reduce your dose over time through a process called tapering.

During the taper, you may still experience some withdrawal symptoms. Outlined below are some symptoms of opioid withdrawal to keep track of. You should talk to your provider if your symptoms become increasingly uncomfortable or unmanageable.

Physical Symptoms

	Stomach aches, nausea, vomiting		Fever, sweating
	Chills, shivers, goosebumps		Difficulty sleeping
	Runny nose, teary eyes		Fast heartbeat

Other Symptoms

You may also experience symptoms that impact your emotions, mood, and behavior. It is important to let your provider know if you are feeling any of these symptoms as they may be able to help you.

- **Sadness, heightened depression**
- **Nervousness, anxiety**
- **Unhappiness, discontent**
- **Apathy, not enjoying things you usually enjoy**
- **Hopelessness**
- **Lack of motivation**

References:

1. St Marie B, Broglio K. Managing Pain in the Setting of Opioid Use Disorder. Pain Manag Nurs. 2020 Feb;21(1):26-34.
2. Covington EC, Argoff CE, Ballantyne JC, Cowan P, Gazelka HM, Hooten M, et al. Ensuring patient protections when tapering opioids: Consent Panel recommendations. Mayo Clin Proc. 2020;95(10):2155-2171.



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