

"I had options I didn't know about. Never forget you have options."

Talking With Your Doctor

Take this guide along on your next visit. It will help you remember important things you want to discuss.

It's important that you are open and honest so your doctor can give you the best care.

Be specific. Tell your doctor:

- When you began misusing opioids, what you take, how much, and how often
- If you got prescriptions from several doctors
- If you crushed the medication to take them in another form, such as snorting or injecting
- If you've tried to stop using opioids and felt ill (you may have experienced withdrawal symptoms)
- If you have found yourself using illicit drugs, including heroin
- Anything else that might help your doctor understand what you've been experiencing

Get all of your questions answered

Create a list of questions to ask the doctor, and bring them along so you don't forget anything. You might be wondering:

- Do I need treatment?
- How can treatment help me?
- Will I experience withdrawal?
- How long does treatment typically last?
- How will counseling help me?
- What is my role in treatment? What are my responsibilities?

Write in your own questions here:

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Feel free to speak frankly and honestly. Remember, opioid dependence is a serious, long-term medical condition that needs care as much as any other chronic disease. That's why talking with your doctor is so important.

HereToHelpProgram.com
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