

Some Important Things to Know about Naltrexone

Also known as Vivitrol

What is naltrexone usually used for?

It is used to treat drug and alcohol dependence and addiction.

I am not an addict. How can this medication help me?

Addiction is a disease that makes it harder for people to resist certain things.

- Just like addiction, the changes caused by obesity can affect certain parts of the brain that make it harder for you to resist highly tempting foods.

Why am I taking naltrexone?

- You were prescribed naltrexone because it can help you think less about food and help you to better control your hunger cravings.
- Naltrexone is often prescribed with bupropion. Together they are highly effective in targeting the parts of the brain that control hunger and cravings.

How does it work?

Naltrexone helps you to better manage the way your brain reacts to food so that the desire to reward yourself with food goes down.

How much naltrexone will I be taking?

You and your provider will work together to find the best time and dosage of naltrexone for you.

- Your provider will most likely start you on 12.5mg in the morning or evening, and over time may increase your dose to 25mg.
- Your prescription will be for a 50mg tablet. Using a pill cutter or a knife, you can cut the pill in 2 pieces for 25mg pieces or in 4 pieces for 12.5mg pieces.

You can buy a pill cutter at any pharmacy without a prescription.

Common side effects

- Upset stomach
 - Diarrhea
 - Stronger feelings of pain
- Naltrexone can make opioids or street drugs less effective, making it easier for you to experience withdrawal.**

Tell your provider if you have a history of liver problems.

Can I continue taking naltrexone while pregnant?

It is safe to stay on naltrexone while pregnant, but this decision should be made after you discuss with all your providers, including your OB/GYN.

Is there anything else that I should know about being on naltrexone?

Tell your **medical weight loss provider** and PCP if you ever need to retake opioids.

You may be more sensitive to the effects of opioids, after taking naltrexone, and may have a higher risk of overdose.

For more information

Contact your **medical weight loss provider**.