CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Opioid use disorder

Problematic use of heroin or opioid painkillers (such as codeine, tramadol or oxycodone), with tolerance, withdrawal and risk of overdose.

COMMON SIGNS

- Needs increasingly higher doses
- Withdrawal symptoms when stopping
- Use outside medical prescription

TIPS FOR YOU

1. There are effective treatments: ask for medical help
2. Don't mix with alcohol or sedatives
3. In case of overdose, call 112

FOR FAMILY AND FRIENDS

1. Learn to recognise an overdose
2. Talk without judging and support them through treatment

WHEN TO ASK FOR HELP

1. If there is extreme drowsiness or slow breathing: 112
2. There are effective treatments: ask for medical help

TO OBSERVE AND NOTE DOWN

☐ I use opioids (heroin or painkillers) more than prescribed

☐ I need higher doses to feel the effect

☐ If I don't take them, I feel unwell, sweaty or in pain

☐ I have tried to stop them without success

☐ I look for prescriptions or get them without one

☐ I spend a lot of time thinking about getting them

☐ I have had problems because of using them

☐ I mix them with alcohol or tranquillisers

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-opioides
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112