

What is Kadian?

Slow release oral morphine (SROM), brand named Kadian, is an opioid agonist medication that is used to treat opioid use disorder. Taken daily at a regular time, it helps to manage cravings for opioids and stop the symptoms of withdrawal. It is long acting which means it works slowly in your body.

Urine drug test

Urine drug tests are a part of your treatment. They are completely confidential and will not be shared with anybody. They are only used by your care provider to develop your treatment plan.

Kadian will not be refused if other substances are found in your urine. All test results are used for planning care and meeting your goals.

Starting your journey

Before being prescribed Kadian, you will be asked questions about your substance use history and your health. This may include blood work, a urine test, and other tests as part of your wellness plan.

The starting dose usually is not enough to stop all cravings and withdrawal; this is for your safety. Your dose of Kadian may be increased fairly quickly if you are taking your dose consistently. It is important to tell your health care provider about any cravings and if you have used opioids. This allows them to provide you with options to make your treatment feel more comfortable.

Talk to your care provider if you have any concerns about being on Kadian.

Taking Kadian

Kadian comes in 100mg capsules. If you are on higher doses, it means taking more capsules.

You will usually start by getting your Kadian every day from your local pharmacy or health centre. It's important to plan your schedule to ensure you do not miss any doses.

Once you and your health care provider have found the dose that works best for you and you no longer experience cravings you may be able to take home a few days of doses at a time. This will depend on several factors, which your provider will discuss with you, including ability to safely store the medication.

Many people stay on Kadian for a long time, as it supports their overall wellness and goals. Some people may also switch to a different type of medication- you can always talk to your provider about your options.

Missed doses

It is important to take your Kadian prescription every day. When you miss a dose, you may experience increased cravings, and decreased tolerance.

For your safety, if you miss four days in a row of your Kadian prescription it will need to be adjusted by your health care provider before you can continue. To receive a new prescription reach out to your care provider as soon as possible. Discuss extra supports you may need to help stay on the medication.



Side effects

Everyone's journey with Kadian will look a bit different. As with many medications, you may experience some side effects.

Side effects may include:

- Drowsiness or dizziness
It is safest not to drive or use heavy machinery when drowsy.
- Stomach ache or constipation
- Headache
- Nausea and vomiting

It is important to report any side effects to your health care provider or pharmacist so they can support you to reduce them.

Rare but Serious Side Effects:

- **Serotonin Syndrome**
This can occur when there is an excess of a brain chemical called serotonin in your body.

Early signs may include confusion, agitation, muscle twitching, sweating, shivering, or diarrhea. Severe symptoms can involve a high fever, seizures, irregular heartbeats, or fainting.

If you notice any early symptoms, **seek emergency care** right away. For serious symptoms, **call 911** immediately.

Managing side effects

Water

Drinking plenty of water can help with a number of side effects including excessive sweating, nausea, vomiting and bowel issues.

Sleep

Sleep is an important part of your wellness journey and if you are having difficulty sleeping it is important to let your health care provider know. Some ways to help improve your sleep include getting regular exercise, eating a small snack before bed, and developing a bedtime routine.

Over-the-counter medications

Some common medications can help with symptoms, such as Ibuprofen for pain, or Gravol for nausea. Let your health care provider know about any over-the-counter medications you are taking, and ask about ways these might help manage side effects.

Connection

Connection to culture and community can help support your health and wellness. This will look different for everyone but may include connecting with Elders or Traditional Knowledge Keepers in your community, taking part in land-based healing programs, or finding an activity that you enjoy.

Starting a new routine around taking Kadian can cause a wide range of feelings and managing unwanted side effects may be stressful.

It may be helpful to take five minute breaks throughout the day. Some activities that you can practice in these breaks include:

- Stretching
- Deep breathing
- Meditation
- Drawing
- Listening to music
- Going for a walk
- Doing an activity you enjoy
- Speak to someone you trust



Wellness

Wellness is a balance of many factors, and as you begin your journey with Kadian it can be helpful to take some time to consider the ways that you can take care of your mental, emotional, physical and spiritual wellness. Continue to talk to your care provider about your goals for being on Kadian and how this relates to your overall wellness.

Mental

Emotional

Physical

Spiritual

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Staying safe

While taking Kadian it is important to let your health care provider know of any other medications or substances you may be taking. Some substances, such as alcohol or benzodiazepines, may increase your risk of both complications and /or overdose.

Always take your medication as prescribed to minimize risk of overdose. If your health status changes, please talk to your prescriber.

Please don't stop your OAT without support from your prescriber as it can cause withdrawals and increase risk of overdose if you use opioids.

If you are using other substances while prescribed Kadian we recommend following harm reduction strategies:

- Don't use alone. Use with a buddy.
- Go to an overdose prevention site or use the Lifeguard app.
- Get your drugs checked if possible.
- Use a test dose: start low and go slow.
- Have a Naloxone kit and know how to use it.
- Access new drug use equipment and don't share supplies.
- Use caution when mixing substances.

