

RECOVERY



Naltrexone

Using Medications to Help Manage Alcohol Use Disorder with HIV

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
PBM Academic Detailing Service

Drinking and HIV

Many people living with HIV drink more than people without HIV. Drinking can be a problem for several reasons.

Drinking unsafe amounts of alcohol may weaken your immune system, and ability to fight illness or infection.

Drinking at risky levels can:

- Be harmful to your liver, and increase risk for developing cirrhosis or liver cancer
- Make it more likely that you will take risks, such as have unsafe sex
- Make you more likely to abuse other drugs
- Make it harder to take your medications on time every day

Recommended Drinking Limits

	Single-day Limit	Weekly Limit
Men Age 65 or under	4 or less standard-size drinks	14 or less standard-size drinks
Women or Age over 65	3 or less standard-size drinks	7 or less standard-size drinks

How can naltrexone help me cut down or stop drinking?

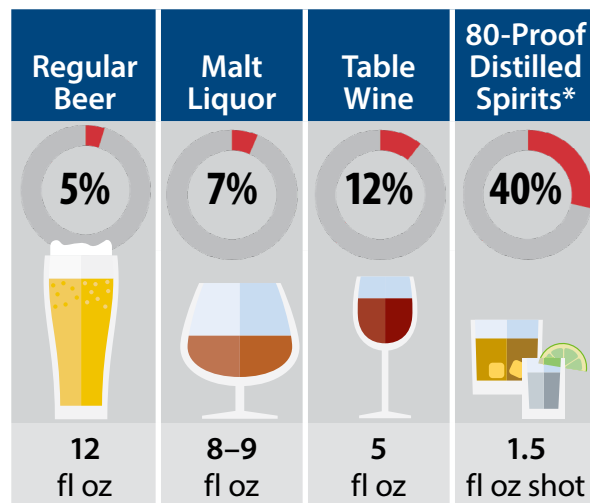
Naltrexone can reduce your urge or desire to drink and help you choose not to drink.

Naltrexone can also interfere with your desire to continue to drink if you start drinking again.

A successful alcohol treatment program will include a combination of medicine and social support, like:

- Alcoholics Anonymous (AA) meetings
- Counseling
- Individual or group therapy
- Hospital treatment, sometimes

What percent of "pure alcohol" is in one standard-size drink of...?



* Gin, rum, tequila, vodka, whiskey, etc.

What do I need to know before starting naltrexone?



Naltrexone blocks opioid pain medication's ability to work.

Do not start naltrexone until 7 to 10 days have passed since your last use of opioid or narcotic pain medicine like oxycodone, hydrocodone, and morphine.

Taking medicine for alcohol use disorder is not substituting one drug for another.

How should I take naltrexone?

The recommended dose of naltrexone for the treatment of alcohol use disorder is 50-100 milligrams (mg) by mouth once daily.

Vivitrol® is a long-acting injectable form of naltrexone.

It is given by a trained healthcare professional.



What are some side effects of naltrexone?

Common Side Effects	What Can I Do if I Experience This?
Headaches	You may take a non-opioid pain reliever if recommended by your provider
Diarrhea	<ul style="list-style-type: none">• Drink plenty of water to prevent dehydration• Eat soft bland foods: bananas, plain rice, toast, crackers
Nausea or Upset Stomach	<ul style="list-style-type: none">• Take with food• Eat plain rice, toast, or crackers

Notify your provider if you experience:

- Loss of appetite
- Sleep problems
- Dizziness
- Nervousness
- Thoughts of hurting yourself or others

All medicines can have side effects. Not everyone has side effects though. They usually get better as your body gets used to the new medicine.

Talk with your provider or pharmacist if any of the above side effects trouble you.



How long do I have to take naltrexone?

You and your provider will decide on your treatment plan.

Most take naltrexone for at least 6 months and often longer.

For more information about drinking and HIV visit the VA's website:

<http://www.hiv.va.gov/patient/daily/alcohol-drugs/index.asp>

**Veteran's Crisis Line
1-800-273-TALK (8255) or
Text - 838255**

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Contact info:

