

NALTREXONE COMPOUND

What is this medicine?

Naltrexone (nal-TREKS-one)

- Naltrexone is commercially available at 50 or 100mg and is FDA approved for opioid or alcohol dependence. At significantly lower doses, compounded Low Dose Naltrexone (LDN) and Ultra-Low Dose Naltrexone (ULDN) can have many other applications.
- LDN (typical range 1-5 mg) may be used to address itching, pain, and other symptoms related to autoimmune or inflammatory conditions. It may be used to exert analgesic, antioxidant, or anti-inflammatory effects.
- ULDN (typical range 1-4 mcg) may be used as adjunctive therapy for chronic pain conditions.
- LDN and ULDN may also be used for other conditions as determined by your doctor.

Compounded Drug Forms: tablet, fast-burst sublingual tablet, capsule, suspension, cream, gel

What should I tell my health care provider before I take this medicine?

- Allergy to naltrexone
- Taking opioid pain medications regularly
- Pregnant or breast feeding
- Have an upcoming procedure or surgery
 - Discontinue naltrexone use for 2-5 days prior to your scheduled appointment. This may not be necessary with ULDN.
- Have a thyroid condition
- Have liver disease or dysfunction

How should I use this medicine?

Follow the package directions provided by Belmar Pharmacy and by your prescriber. Your dosage is based on your medical condition and response to therapy.

Oral dosage forms may be taken with or without food. If it upsets your stomach take it with a small meal. This medication may cause drowsiness and may be recommended for bedtime dosing. Follow the dosing schedule provided carefully.

Sublingual formulations should be placed under the tongue or between the cheek and gum and held in place until fully dissolved. Avoid swallowing saliva to ensure best absorption into the blood stream. Avoid eating or drinking 15 minutes before or after taking sublingual formulations.

Topical products can be applied to the inner arm, upper thigh, back of the knee, tops of the feet, and inner wrists. It is recommended to rotate sites to ensure even retention of the hormone. Cover treated skin with clothes to avoid contact with people or pets.

What if I miss a dose?

- If you miss a dose, take it as soon as possible.
- If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule.
- Do not take double the dose at once.

What may interact with this medication?

- Drug interactions exist with this medication
 - Opioid pain medications may interact with naltrexone.
 - Bremelanotide may decrease serum concentrations of naltrexone.
- Discuss your medication regimen with your health care provider to determine the best therapy for you.

What should I watch for while using this medicine?

- Belmar Pharmacy recommends yearly checkups with your provider.
- May also recommend monitoring liver function tests, baseline and periodic.

What side effects may I notice from receiving this medicine?

Possible side effects that may occur and may go away as your body gets used to the medication include:

- Vivid dreams
- Insomnia (trouble falling asleep or staying asleep)
- Headache
- Dizziness
- Abdominal pain
- Nausea, constipation, or diarrhea
- Change in appetite or anorexia
- Mood or energy changes

You may experience side effects not listed. Contact your doctor with questions.

An allergic reaction to this medication is unlikely but seek medical attention if it occurs. Symptoms of an allergic reaction include rash, itching, swelling, severe dizziness, trouble breathing.

Where should I keep my medicine?

Store at room temperature between 59- and 86-degrees F, unless otherwise specified on the packaging.

Additional Information:

- Do not share this medication with others.
- Keep out of reach of children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.

If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions. You may report side effects to the FDA at 1-800-FDA-1088.

Consumer Information Use and Disclaimer: This information should not be used to decide whether or not to take this medication or any other medication. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does not include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. For questions about the source of any of the information provided herein, pharmacists at Belmar Pharma Solutions are available. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of this medicine.

Do not flush down a toilet or pour down a drain. Check with your pharmacist if you have questions about the best way to dispose of medications. There may be a drug take-back program in your area.

References:

1. Li Z, You Y, Griffin N, Feng J, Shan F. Low-dose naltrexone (LDN): A promising treatment in immune-related diseases and cancer therapy. *Int Immunopharmacol*. 2018 Aug;61:178-184. doi: 10.1016/j.intimp.2018.05.020. Epub 2018 Jun 7. PMID: 29885638.
2. Naltrexone. Lexi-Drugs. Lexicomp. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: <http://online.lexi.com>. Accessed February 2024.