

Rapid Access Addiction Medicine (RAAM) Clinic Information

You have been referred to the Rapid Access Addiction Medicine (RAAM) clinic for follow-up. The RAAM clinic helps people who are looking for help with substance use.

The RAAM clinic operates on a drop-in basis: you do not need a specific appointment and **you do not need to wait for a call** from the RAAM clinic. Please bring your health card with you when you visit the RAAM clinic.

The University Health Network RAAM clinic is located at the Toronto Western Hospital, 399 Bathurst St., on the first floor. The reception is across from the West Elevators.

You can drop-in during the following times:

- Monday from 9-11 am
- Tuesday from 9-11 am
- Wednesday from 9-11 am
- Thursday from 1:30 - 3:30 pm
- Friday from 1:30 - 3:30 pm

Please note the University Health Network RAAM clinic is closed for statutory holidays.

There are also other RAAM clinics across Toronto with different hours, more information can be found at:

<http://www.metaphi.ca/raam-clinics/>

Rapid Access Addiction Medicine (RAAM) Referral

1st floor, West Wing (WW 1-414)

Patient Reception, Across from West Wing Elevators

Toronto Western Hospital

399 Bathurst Street, Toronto, ON, M5T 2S8

raam@uhn.ca

Fax: (416)-603-5407

Referral Date: _____

Reason for referral (*check all that apply*):

- Alcohol Use Disorder
- Alcohol Withdrawal Follow Up
- Opioid Use Disorder
- Opioid Withdrawal Follow Up
- Other (please specify): _____
- Other Clinical History: _____

Medications:

Received in hospital: _____
(name of medication) _____ (total dose received)

Prescription at discharge: _____
(name of medication, dose, duration)

Referring physician: _____ Billing number: _____

Signature: _____

**Please inform patient that they can drop-in to the RAAM clinic during clinic hours, they do not need to wait for a phone call.*

Anti-craving medications for Alcohol Use Disorder (AUD):

Patient Information Sheet

Alcohol use is very common, but when it leads to an emergency department (ED) visit, it can be a sign that drinking is causing problems in your life. Many people struggle with alcohol use, and unfortunately many people believe that they have to continue to struggle on their own.

Alcohol Use Disorder (AUD) is a chronic medical condition. Thankfully, **safe** and **effective** treatments do exist – a class of medications we call “anti-craving medications.” These medications can help with cravings for alcohol, and some can also help relieve withdrawal symptoms as well.

Importantly, these medications do not make you sick if you drink while on them.

By reducing cravings and withdrawal symptoms, these medications can help give you the platform to make the changes you want when it comes to your relationship with alcohol.

Your ED provider may have prescribed you anti-craving medications to help you better control your drinking. Here is some additional information about these medications:

Naltrexone

Naltrexone is a medication that makes drinking less pleasurable, thereby giving you more control over your drinking. It does not make you sick if you do drink while on it. It can help people who want to reduce their drinking and can also help for people who want to stop drinking altogether.

It works by blocking the opioid receptor, so it should not be taken if you are regularly taking opioids (codeine, morphine, hydromorphone, fentanyl, etc.), as it can cause withdrawal. It is not recommended to take naltrexone if you are pregnant.

Some patients experience side effects when first starting, but for most the side effects improve as they get used to the medication. These side effects include: nausea, headache, dizziness, insomnia, anxiety, and drowsiness.

Naltrexone is covered by the Ontario Drug Benefit (ODB) program and most private drug plans. If you do not have medication coverage, it costs about \$150 per month.

Acamprosate

Acamprosate is a medication that helps relieve post-acute withdrawal symptoms, in particular cravings, low mood, and insomnia. It does not make you sick if you do drink while on it. It works best for those whose goal is to stop drinking altogether.

Some patients experience side effects when first starting, but for most the side effects improve as they get used to the medication. The main side effect that some people experience is diarrhea. You should avoid acamprosate if you have kidney problems or are pregnant.

Acamprosate is covered by the Ontario Drug Benefit (ODB) program and most private drug plans. If you do not have medication coverage, it costs about \$150 per month.

Gabapentin

Gabapentin is a medication that helps with cravings for alcohol and helps with short-term withdrawal symptoms. It is helpful for people who want to stop drinking, but have a hard time due to uncomfortable withdrawal symptoms, such as insomnia, anxiety, and tremors. It can be used on its own, or sometimes in combination with other anti-craving medications.

Some patients experience side effects when taking gabapentin, including dizziness, sedation, and mild intoxication. In rare circumstances, people can have thoughts of suicide – if that happens, stop the gabapentin and seek help immediately.

Let your doctor know if you are on other sedating medications, such as opioids or benzodiazepines and be cautious in combining gabapentin with other sedating medications.

Gabapentin is covered by the Ontario Drug Benefit (ODB) program and most private drug plans. If you do not have medication coverage, it costs about \$30-50 per month.