

I Ran Out Of Medication

There's nothing worse than being in stable recovery and then running out of your medication without any refills. This can happen from losing medication, losing track of refills, or not going back to the doctor in time.

In a recovery crisis such as this, remember one thing: over-the-counter **Imodium AD**. You can buy it at any pharmacy without a prescription, and it's active ingredient, **loperamide**, is a very weak opioid with zero euphoria capacity.

But, this is **VERY, VERY IMPORTANT**: if used above the limits written on the box, it can be cardio-toxic and stop your heart! However, if you've run out of buprenorphine (Suboxone or Subutex), then buy some Imodium AD and, used as directed on the box and no more, it can safely take the edge off of withdrawal symptoms. As one patient told me, "I didn't feel great, but I was a hell of a lot better with it than without it."

So, if you forget where your medication is, or if you forget there are no more refills, or if you forget to see your doctor in time, always remember Imodium AD: used as directed, it is a safety net against full-blown withdrawals.