CCNC Opioid SPARC ECHO

What?! Opioids Have Side Effects?

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Do your patients feel good on opioids?

- Dry mouth
- Fatigue
- Impaired thinking
- Poor motor control
- Urinary retention
- Constipation
- Nausea
- Itching
There’s more?

- Neuroendocrine effects
- Sleep disordered breathing
- Weight gain and blood sugar elevation
- Stimulation (The Prakken effect)
- Opioid-induced hyperalgesia
- Delirium
Let’s choose a few

- Bowel dysfunction
- Somnolence and mental clouding
- Sleep disordered breathing
- Itching
Bowel Dysfunction

- Increased segmental motility and decreased peristalsis
- Can be painful “narcotic bowel syndrome”
- Consider other meds or factors
- Non-oral likely better (fentanyl patch or bup patch)
- Symptoms can include infrequent BM’s, sensation of obstruction, straining, incomplete evacuation, and others
Management of Bowel Dysfunction
Prevention!

- Senna + docusate
- Encourage fluids
- Fiber
- Physical activity
- Laxatives - no significant differences in Cochrane review-limited data
Chronic Management

### SELECTIVE CONSTIPATION AGENTS

<table>
<thead>
<tr>
<th>Preferred</th>
<th>Non-Preferred</th>
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<tbody>
<tr>
<td>Amitiza® Capsule</td>
<td>alosetron tablet (generic for Lotronex® Tablet)</td>
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<tr>
<td>Linzess® Capsule</td>
<td>Lotronex® Tablet</td>
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<tr>
<td>Movantik® Tablet</td>
<td>Relistor® Syringe/Vial/Oral Tablet</td>
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<td></td>
<td>Symproic® Tablet</td>
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<td></td>
<td>Trulance®</td>
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<tr>
<td></td>
<td>Viberzi® Tablet - Exemption for Irritable Bowel Syndrome with Diarrhea (IBS-D)</td>
</tr>
</tbody>
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Movantik is laloxegol (pegylated naloxone, does not cross blood-brain barrier)
Amitiza is lubiprostone (chloride channel inhibitor)

Both are modestly effective though appear safe.
Somnolence and Mental Clouding

- Highly variable
- More common in elderly
- Not well characterized
Managing CNS Dysfunction

- Reduce dose
- Rotate
- Consider adding a stimulant - methylphenidate or modafinil (clinical criteria apply for Medicaid)
- Limited data for stimulants
Sleep Apnea and Opioids...

- Can worsen OSA
- Can bring on OSA, central apneas, or mixed apnea
- Test if suspected (lab study)
- Treat the sleep apnea or stop the opioid, if clinically significant
Pruritus

- 2-10% of patients
- Morphine causes direct histamine release though others may not
- No good studies
- Non- or low-sedating antihistamine, such as loratadine or cetirizine, might be helpful
- Allergy is possible though rare
Do we have time for 1 or 2 more?

- Neuroendocrine effects
- Opioid-induced hyperalgesia
- Weight gain and hyperglycemia
- Stimulation
Questions/Comments/Clinical Anecdotes?