



CCNC Opioid SPARC ECHO

What?! Opioids Have Side Effects?

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July 10, 2019

Project

ECHO[®]

What?! Opioids Have Side Effects?

 Community Care
OF NORTH CAROLINA

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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	
Preferred	Non-Preferred
Amitiza [®] Capsule	alosetron tablet (generic for Lotronex [®] Tablet)
Linzess [®] Capsule	Lotronex [®] Tablet
Movantik [®] Tablet	Relistor [®] Syringe/Vial/Oral Tablet
	Symproic [®] Tablet
	Trulance [®]
	Viberzi [®] Tablet - Exemption for Irritable Bowel Syndrome with Diarrhea (IBS-D)

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



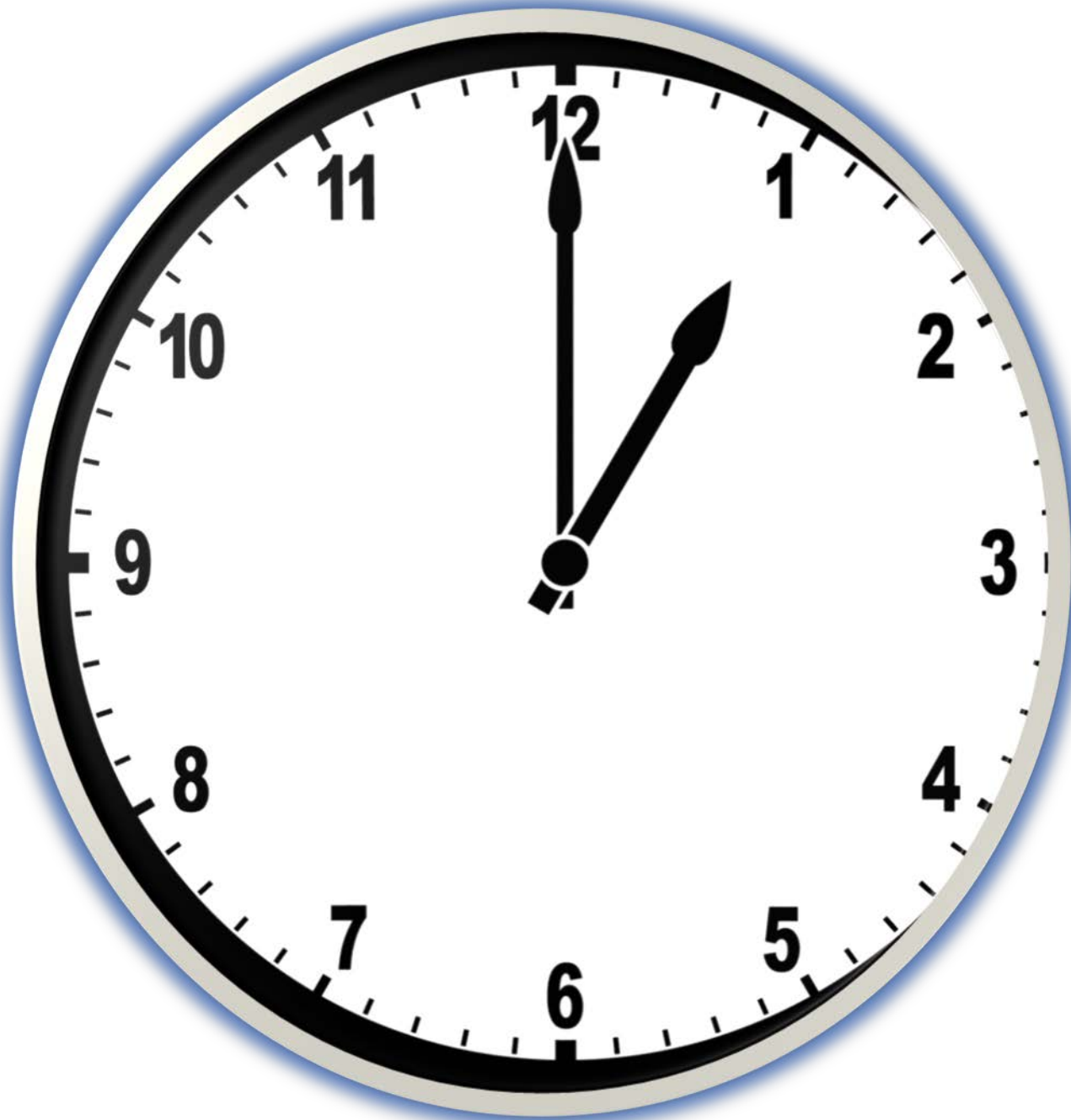
Sleep Apnea and Opioids...

- 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?

