

DOCTOR DISCUSSION GUIDE

The Drug Abuse Screening Test (DAST) tool is one way a doctor may assess your risk for opioid addiction. Based on your score it is highly recommended that you talk with a doctor about further assessment for drug abuse or opioid addiction. You may want to print and fill out the rest of this Doctor Discussion Guide to help you prepare for your conversation with your doctor.

I have taken/have been taking the following prescription pain relievers or other opioids:

I first noticed negative symptoms after taking opioids for (approximate length of time):

I have experienced the following physical withdrawal symptoms (check all that apply):

- | | | | |
|--|--------------------------------------|-----------------------------------|---|
| <input type="checkbox"/> agitation/anxiety | <input type="checkbox"/> yawning | <input type="checkbox"/> vomiting | <input type="checkbox"/> abdominal cramping |
| <input type="checkbox"/> muscle aches | <input type="checkbox"/> diarrhea | <input type="checkbox"/> insomnia | <input type="checkbox"/> dilated pupils |
| <input type="checkbox"/> runny nose | <input type="checkbox"/> goose bumps | <input type="checkbox"/> sweating | <input type="checkbox"/> nausea |

Some questions you could ask your doctor about treatment:

1. What are the opioid addiction treatment options that are available to me?
2. What helps people stay in treatment?
3. What role does counseling and other support services play in treatment?
4. Other: _____

Your doctor's recommendations and next steps:
