

Opioid Taper Monitoring

Check in frequently with patients following each opioid dose decrease. Ask about:

- Increased pain*
- Opioid cravings
- Low mood or suicidality
- Symptoms of withdrawal

Intolerable withdrawal symptoms are an indication to slow or pause an opioid taper:

- Anxiety, irritability, restlessness
- Runny nose, tearing eyes, sweating
- Insomnia
- Rapid breathing, yawning
- Tremor, diffuse muscle spasms
- Fever, chills, piloerection
- Nausea, vomiting, and diarrhea
- Stomach cramps, abdominal pain
- Tachycardia

*Pain related to tapering should subside within 2 to 3 weeks and does not indicate progression of chronic pain condition.



Time to Taper?

When to Discuss Discontinuation of Chronic Opioid Therapy

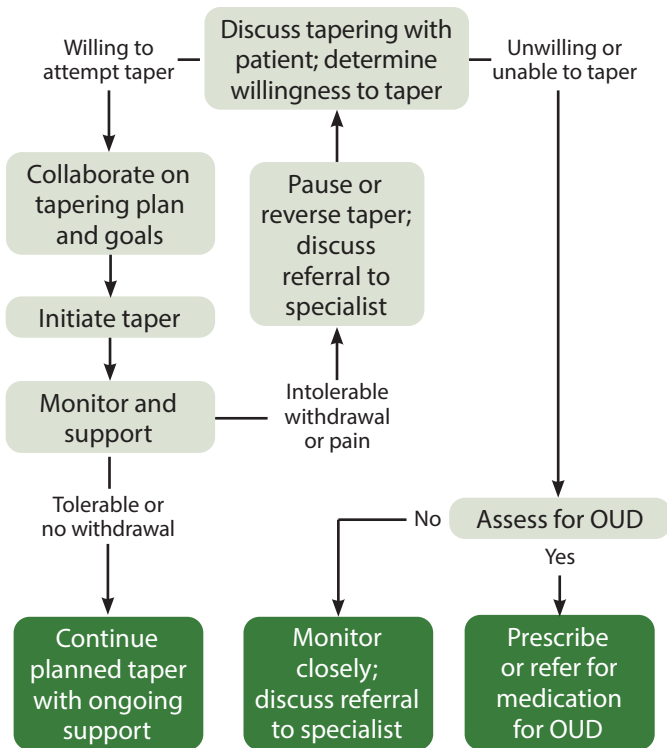
- Patient request
- Resolution of pain
- Inadequate analgesia or lack of functional improvement
- Intolerable side effects or poor quality of life
- Unclear benefit-harm balance
- Evidence of misuse or OUD
- Overdose or other warning sign
- Concomitant medications or medical conditions that increase overdose risk

Tapering is *not* recommended when benefits of opioid therapy outweigh risks



Tapering Decision Making

For use when risks of current opioid regimen outweigh benefits



Steps in a Slow Taper

