

# *Project RESPECT*

## **Subutex Treatment in Pregnancy**

### **Patient Guidelines and Program Requirements**

#### **PROGRAM REQUIREMENTS:**

1. Complete a NURSING INTAKE and SIGN TREATMENT CONSENT
2. FREQUENT PRENATAL AND NURSING VISITS (see below)
3. RELAPSE PREVENTION COUNSELING ESTABLISHED BY WEEK 2 ( see below)
4. Understand IF YOU ARE UNABLE TO MEET the program REQUIREMENTS, you will be TRANSITIONED to METHADONE

#### **PRENATAL AND NURSING VISITS:**

##### **Weeks 1-4: (weeks of treatment):**

**: You will be required to be seen once per week.**

**: You will be required to give an observed urine drug screen at each visit**

WEEK 1: Prenatal visit with Obstetrics provider

WEEK 2: Nursing visit

WEEK 3: Prenatal visit with Obstetrics provider

WEEK 4: Nursing visit

**: When you are stable on your dose AND have FOUR CONSECUTIVE NEGATIVE URINE DRUG SCREENS, you will begin pre-natal visits once every TWO weeks**

#### **Relapse Protocol**

***Relapse= having a urine drug screen POSITIVE for any illicit drug or any drug which is not prescribed to you AND/OR having a urine drug screen NEGATIVE for Subutex (buprenorphine)***

##### **1. If you relapse ONCE:**

**: You will be allowed to continue in the program AS LONG AS YOU ARE ENGAGED IN COUNSELING**

**: You will restart the treatment protocol at WEEK 1**

##### **If you have a SECOND relapse:**

**: You will not be allowed to continue in the Subutex program**

**: You will be admitted to the hospital and transitioned to Methadone**

**: Your obstetric care will continue without change**

## Urine Drug Screening Policy

- If your urine drug screen is positive and you **custody children**, a Department of Children and Families 51A form will be filed.

## Counseling requirements:

Recovery is more successful when combined with relapse prevention counseling and mental health treatment. All patients of the Project RESPECT program are required to attend counseling. We will provide assistance with referrals for counseling services.

- Patients will agree to sign consent to release information so that the clinic staff can communicate with the assigned counselor to verify the patient is attending counseling.
- Patients will agree to attend weekly or twice monthly counseling (or per the recommendations of the counselor).
- Groups, Intensive Outpatient Programs (IOP), Residential, and Halfway houses meet counseling requirements

## Late Policy

We expect that you are **on time** for ALL your appointments.

**If you are late for your appointment, you will be registered for any necessary lab work and provide an observed urine drug screen.**

**You can either:**

- **WAIT** to the end of the clinic session to be seen
- OR
- **RESCHEDULE** for the next available appointment

## Missed Appointments

We expect you to be able to keep ALL your appointments as scheduled.

**If you are unable to make it to your scheduled prenatal care appointment:**

- : Call **617-414-6376** at least **24 hours prior** to your appointment
- : Reschedule your appointment for next available time
- : Come into clinic **within 72 hours** for a urine drug screen

ANY missed appointments **without a phone call or a urine sample**, will be considered a **Relapse**.

## Obstetric Care

### Prenatal Visits

You will have an obstetric visit every 1-2 weeks through out pregnancy until 36 weeks, after which you will be seen every week until delivery

### Ultrasounds

You will have **2** or more specialty ultrasounds to monitor the baby:

(1) **Between 11 – 13 weeks of pregnancy:**

This ultrasound is combined with a blood test to screen the baby for the risk of *Down Syndrome, Trisomy 18* (genetic disorder).

We measure the fat pad on the back of the baby's neck and combine this result with the results of the blood tests, to give you a risk assessment. This is not a diagnosis.

If your baby is at increased risk for Down Syndrome or Trisomy 18, we will offer you further testing.

(2) **Between 18 – 20 weeks of pregnancy:**

This ultrasound is called a *Fetal Survey*.

The purpose of this ultrasound is check the baby's anatomy (heart, lungs, kidneys, ext)

We may be able to tell the sex of the baby at this visit

(3) **After 28weeks:**

You may have a growth ultrasound (an evaluation of the baby's size and growth)

Depending on your medical history and results of the first ultrasounds, you may be scheduled for additional ultrasounds every 4-6weeks throughout the pregnancy

### Labor and Delivery

You will deliver at Boston Medical Center's Labor and Delivery Unit (Yawkey Buiding 4<sup>th</sup> floor)

If you have a **vaginal delivery**, you and the baby will stay (together) on the post-partum unit for **2** days.

If you have **C-section**; you and the baby will stay (together) on the post-partum unit for **4** days.

### Your Baby

Your baby will need to be monitored in the hospital after delivery for a minimum of 5-7 days. The total length of the baby's hospitalization depends on many factors which cannot be predicted prior to delivery.

Breastfeeding and skin-to-skin care by you can significantly decrease the length of the baby's hospitalization. Your provider will discuss this with you further. See our Parent Guide to Neonatal Abstinence Syndrome.

### The Department of Children and Families (DCF)

We are required to file a 51-A for all infants born exposed to illicit drugs. We are also required to report those infants exposed to methadone or buprenorphine, even though this exposure is prescribed treatment for opioid use disorder. We understand the confusion and anxiety this generates for all of our

patients and families. Although the RESPECT team does not have control over the decisions made by DCF, we will support you and will advocate for you throughout this entire process.

**For Questions**

For questions regarding **Subutex**, refills, dose changes, please call the RESPECT RN Phone Line at 617-414-4165.

Monday through Friday: 8AM – 5PM