

Sublocade: After Care and Information

What should I expect after my 1st injection of sublocade?

- You may feel drowsy (sleepy) for a few days after the injection. This is a common side effect.
- You will feel a lump at the injection site (where the needle went in). This will get smaller throughout the month as the medication gets absorbed (taken in) into your system.
- You will meet with the prescriber before your next injection.
- Please fill out a health care request form and address it to the Mental Health and Addictions team if you have any of these withdrawal symptoms:
 - › Nausea (upset stomach) and vomiting (throwing up)
 - › Anxiety
 - › Hot and cold flushes
 - › Excessive (a lot of) sweating
 - › Muscle cramps
 - › Runny eyes and nose
 - › Diarrhea (loose, watery poop)

Injection site care

- **Caring for your injection site is very important to avoid infection.**
- Keep the injection site dry and clean.
- **Do not** poke, scratch, or squeeze the site.
- Avoid covering the site.
- Avoid putting pressure on the site (like lying on it)
- Check your injection site often for redness, drainage, or pain lasting longer than 3 days. **If you have any of these symptoms, tell a member of your health care team right away.**

Treatment

- You will receive 2 shots (300 mg each), given 1 month apart. This helps raise the medication level in your body.
- Once your body has gotten used to the medication, you will switch to a smaller dose (amount) of 100 mg once a month. You will keep getting this monthly dose for the rest of your treatment.

How does sublocade work?

- When the medication is given as a shot into the fat under your skin, it turns into a soft gel-like ball. This ball slowly lets out the medication over the whole month. This will give your body a steady amount of medication to help stop cravings or withdrawal symptoms.
- You may see that older injection gel-balls can be felt under your skin for more than a month. **This is normal.** They will go away with time.
- If you are expecting to be released soon, it is important to tell a member of your health care team as soon as you can. This is so we can plan for your prescriptions to be sent to the pharmacy you want and to make sure you are set up with supports in your community to continue with your treatment plan.

For more information, please contact your health care team, fill out a health care request form, or talk to a member of the nursing team.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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