Guidance for Kratom & 7-OH Dependence and Withdrawal

MATCOE
Developed by SNJMATCOE
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Kratom and **7-OH** products exist in a rapidly changing legal and regulatory gray area, with availability and product composition varying widely. When people who use these products are suddenly unable to obtain them, they may present with clinically significant symptoms of withdrawal. Recognizing **kratom** and **7-OH** use can help clinicians identify and appropriately manage these symptoms.

Background

- **Kratom** comes from the leaves of *Mitragyna speciosa* and contains several active alkaloids, primarily mitragynine.
- **7-hydroxymitragynine (7-OH)** occurs only in trace amounts in natural kratom.
- Those who use kratom products may be unknowingly exposed to a highly concentrated synthetic drug.
- Newer commercial products may contain highly concentrated or semi-synthetic **7-OH**, which has greater opioid activity.
- **7-OH** may be sold as tablets, capsules, gummies, shots, or liquid extracts and may be perceived by patients as a supplement rather than an opioid.

Effects

- Euphoria and analgesia
- Sedation
- Nausea and vomiting
- Respiratory depression
- Tolerance and physical dependence
- Opioid-like withdrawal with repeated use

Recognizing Withdrawal

Psychological/Neurological

- Anxiety
- Restlessness/irritability
- Insomnia
- Craving
- Tremor

Gastrointestinal

- Nausea and vomiting
- Abdominal cramping
- Diarrhea

Pain/Discomfort

- Myalgias
- Arthralgias
- Generalized discomfort

Autonomic

- Diaphoresis
- Rhinorrhea
- Lacrimation
- Piloerection
- Tachycardia
- Hypertension

Treatment

Assess: Ask about product, amount, frequency, duration, last use, and concurrent opioid or sedative use.

Mild withdrawal: Provide supportive and symptom-directed treatment, including antiemetics, antidiarrheals, non-opioid analgesics, and alpha-2 agonists such as clonidine when clinically appropriate.

Moderate to severe withdrawal or significant dependence: Consider buprenorphine. Published case literature supports its use, although standardized dosing protocols have not been established.

Naltrexone Considerations: Screen specifically for **kratom** and **7-OH** before administering or prescribing. Naltrexone can precipitate severe withdrawal in patients using these products.

New Jersey providers can call or text 1-844-HELP-OUD 24/7 for assistance in treating opioid use disorder or kratom dependence.