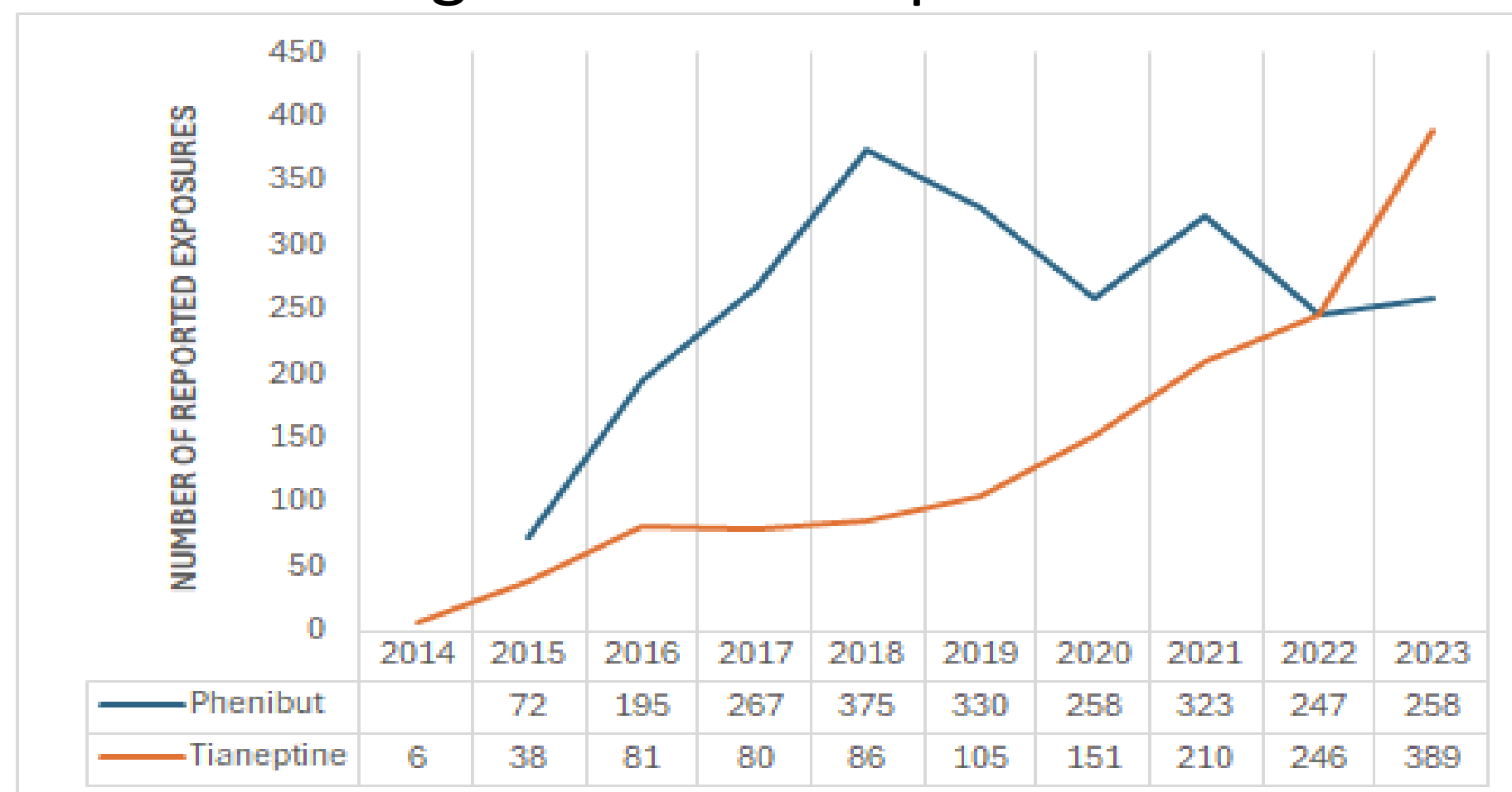


No, No Nootropics! A Case of Tianeptine and Phenibut Withdrawal/Use Disorder

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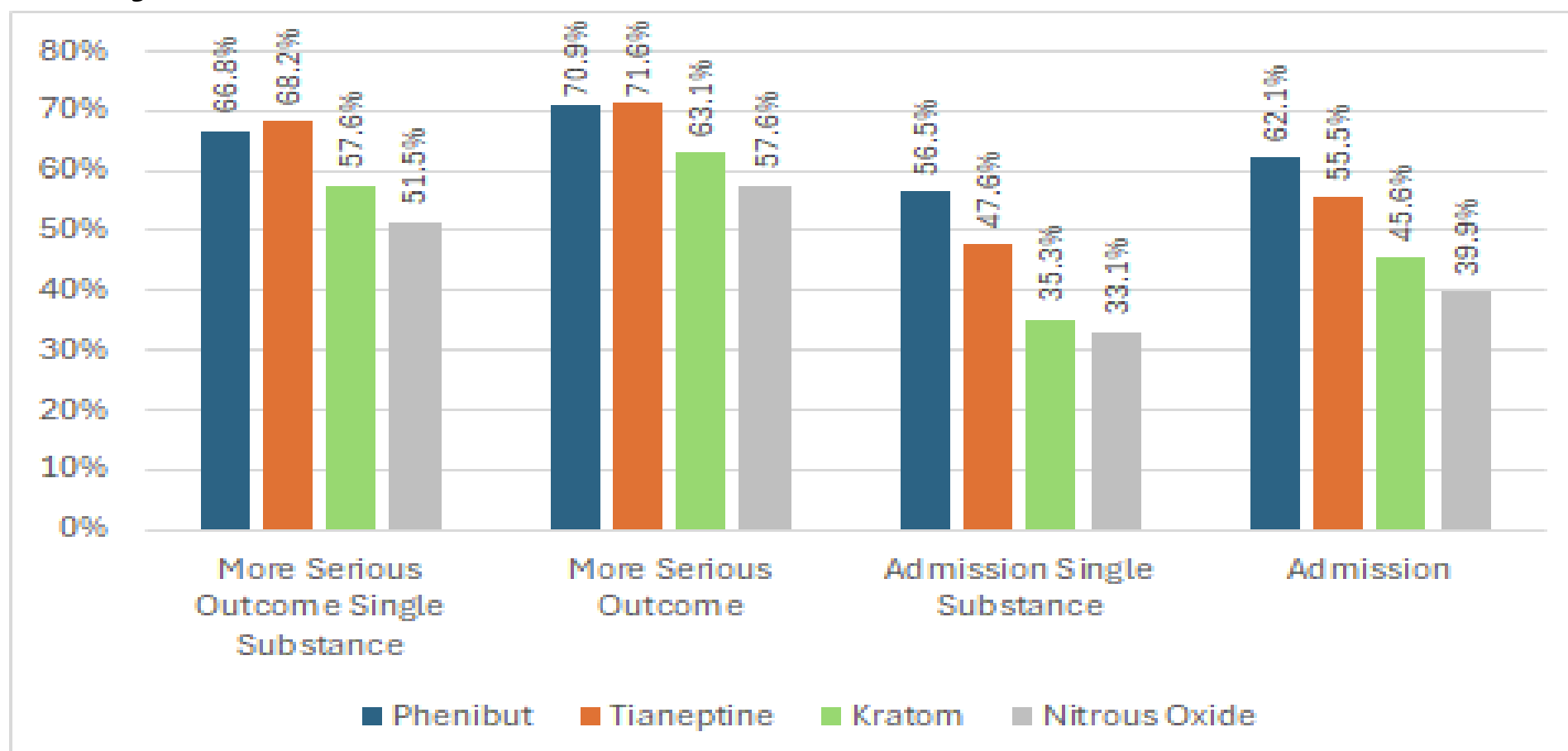
INTRODUCTION

Tianeptine and Phenibut are supplements with increased usage and toxic exposures in the US



Modified from 41st Annual Report of the National Poison Data System

Of exposures, there are high rates of moderate, major and even fatal adverse outcomes



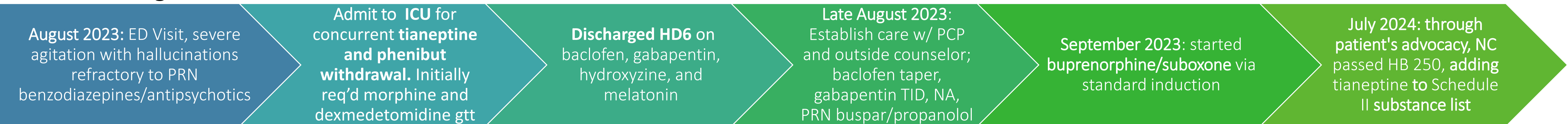
Currently **no guidelines on management** of intoxication or withdrawal symptoms

REFERENCES



CASE PRESENTATION

33-year-old male with a history of tobacco and cannabis use, anxiety, and depression who presented to the ED with altered mental status and severe agitation



DISCUSSION & CONCLUSIONS

Tianeptine (Zaza, Tianna, Neptune's Fix)



Modified from US FDA (<https://www.fda.gov/consumers/health-fraud-scams/tianeptine>)

Mechanism: mu-opioid agonism

Withdrawal: agitation, tremor, tachycardia, anxiety (similar to opioids)

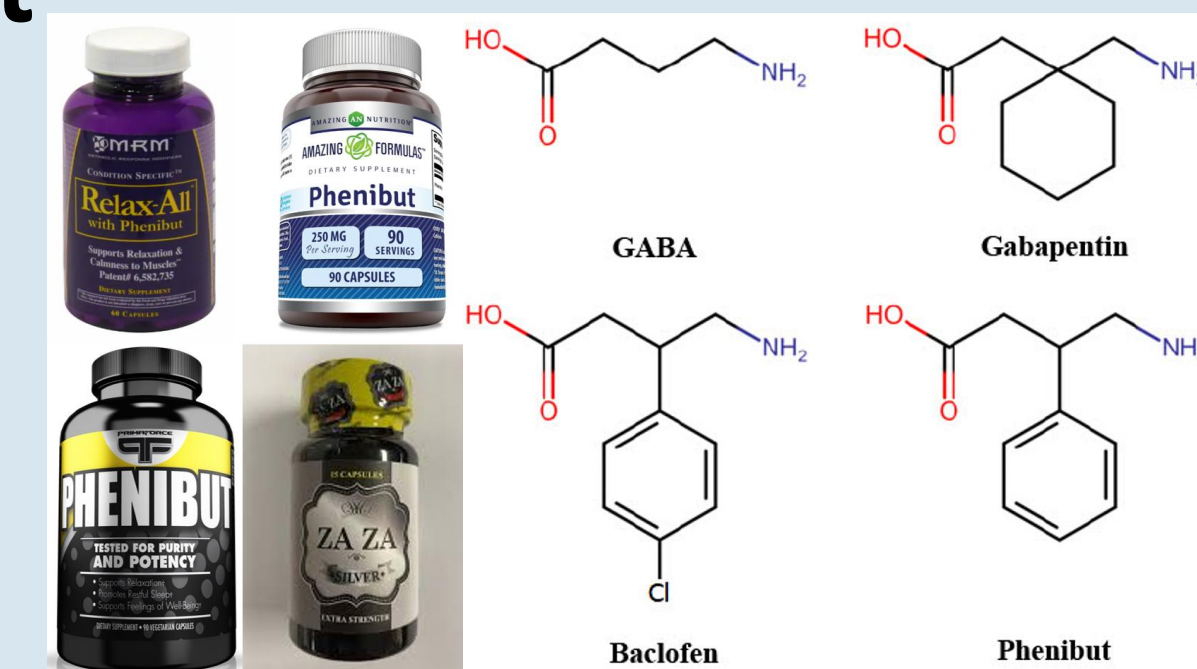
Acute Treatment: opioids, anxiolytics, clonidine

Use Disorder Management: counseling, buprenorphine/suboxone or methadone, clonidine

ADVOCACY IS IMPORTANT!

- Contact personal state representative and/or those on health/wellness committees
- Share stories and information (FDA already sending letters to state DOHs - 12 states have already banned!)

Phenibut



Mechanism: GABA-B agonism

Withdrawal: agitation, tachycardia, anxiety, severe delusions and hallucinations (similar to alcohol)

Acute Treatment: anxiolytics, benzodiazepines, gabapentin, baclofen

Use Disorder Management: counseling, baclofen, gabapentin