

STARTING BUPRENORPHINE (“Bupe” or “Suboxone”)

Congratulations on starting treatment!

WHAT TO START WITH?

- ✓ 4 Buprenorphine (Bupe) pills or films (8 mg)
(*There are many different brand names and generic forms of Bupe. Some are shown below.)



- 6 Ibuprofen pills (200 mg) – for body pain, take 1-2 pills every 8 hours as needed
- 6 Clonidine pills (0.1 mg) – for anxiety, take 1 pill every 8 hours as needed
- 6 Imodium pills (2.0 mg) – for diarrhea, take 1 pill after each episode of diarrhea. Max 6 pills per day

THINGS NOT TO DO WITH BUPE

- ✗ DON'T use Bupe when you are high—it will make you dope sick!
- ✗ DON'T use Bupe with alcohol –this combination is **not safe**.
- ✗ DON'T use Bupe with benzos (like Xanax (“sticks”), Klonopin, Valium, Ativan) unless prescribed by a doctor who knows you are taking Bupe.
- ✗ DON'T use Bupe if you are taking pain killers until you talk to your doctor.
- ✗ DON'T use Bupe if you are taking more than 60 mg of methadone.
- ✗ DON'T swallow Bupe – it gets into your body by melting under your tongue.
- ✗ DON'T lose your Bupe – it can't be refilled early.

Beginning Buprenorphine Treatment at Home

Before you begin, you need to feel very sick from your withdrawal symptoms for safety!

It should be at least . . .

- **12 hours** since you used heroin/fentanyl
- **12 hours** since snorted pain pills (Oxycontin)
- **16 hours** since you swallowed pain pills
- **48-72 hours** since you used methadone

You should feel at least three of these symptoms . . .

- Restlessness
- Heavy yawning
- Enlarged pupils
- Runny nose
- Body aches
- Tremors/twitching
- Chills or sweating
- Anxious or irritable
- Goose pimples
- Stomach cramps, nausea, vomiting or diarrhea

Once you are ready, follow these instructions to start the medication

DAY 1:

8-12mg of buprenorphine

Most people feel better the first day after 8-12mg. (Dosing depends on how early on the first day you started)

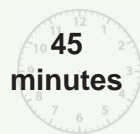
Step 1.

Take the first dose

4mg

This is half a strip or pill.

Wait 45 minutes



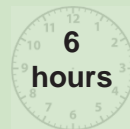
- Put the tablet or strip under your tongue
- Keep it there until fully dissolved (about 15 min.)
- Do NOT eat or drink at this time
- Do NOT swallow the medicine

Step 2.

Still feel sick? Take another half a strip or pill.

4mg

Wait 6 hours



Most people feel better after two doses = 8mg.

If you feel better, Stop after two doses.

Step 3.

Still uncomfortable? Take last dose of half a strip or pill

4mg

Stop! No more doses today

Stop

- Stop after this dose!
- Do not take more than 3 doses on Day 1

DAY 2:

16mg of buprenorphine

Take one 16mg dose (2 pills or strips)

Most people feel better with a 16mg dose (2 pills or strips). Don't take any more today.

16mg

DAY 3 onward:

Take 16mg (2 pills or strips) once per day until your next follow-up appointment

If you develop worsening symptoms while starting buprenorphine before your scheduled outpatient appointment go to the emergency department