

A Guide for Patients Beginning Buprenorphine Treatment

Before you begin you want to feel sick from your withdrawal symptoms

It should be at least . . .

- 12 hrs since you last used heroin or opioid pills
- 24 hrs since you last used fentanyl
- 36-72 hrs since you used methadone
- ** Talk to your provider about medications to manage withdrawal that may be helpful for this process.

You should feel at least four of these symptoms increasing from normal . . .

- Restlessness
- Anxiety
- Body aches
- Enlarged pupils
- Goosebumps
- Runny nose or eyes
- Yawning
- Tremor/twitching
- Sweating or chills
- Stomach cramps, nausea or diarrhea

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

DAY 1: 16-24mg of buprenorphine

DAY 2: 8-16mg of buprenorphine

STEP 1.

Take the first dose

2 to 4 mg

Wait 45 minutes

- Put the tablet or film under your tongue.
- Keep it there until fully dissolved (about 15 min.)
- Do NOT eat, drink or smoke 15 min before or after
- Do NOT swallow the medicine.

STEP 2.

Still feel sick?
Take next dose

2 to 4 mg

Wait 2 hours

STEP 3.

Still uncomfortable?
Take 4mg every 2 hours

4 mg

STOP

Do not take more than 24mg

- You may take 4 mg every 2 hours as needed to treat withdrawal symptoms
- Day 1 max dose = 24 mg

Take 8 to 16 mg dose

8 to 16 mg

- If you took 16mg or more on day 1 take a total of 16mg
- If you took less than 16mg and felt well, take that dose.
- If you have questions or troubles follow up with the clinical team.

Contact the clinic or emergency number given to you if your symptoms get worse.