

STARTING BUPRENORPHINE AT HOME

You have been prescribed buprenorphine/naloxone, also known as Suboxone. You will have received a prescription that will last you several days. If you don't have an appointment already, you will be contacted by a clinic for follow up appointments.

WAIT TO TAKE YOUR FIRST DOSE

You should be in withdrawal before taking your first dose of buprenorphine. If you take your first dose too soon, you increase the chance of having intense withdrawal symptoms. Stop all opioids 12-36 hours before starting. You will feel lousy, like you have the flu. This is normal.



BEFORE YOU TAKE YOUR FIRST DOSE, YOU SHOULD HAVE AT LEAST THREE OF THE FOLLOWING:

- Bodywide aches or joint pain
- Can't sit still, very restless
- Twitching, tremors, shaking
- Enlarged pupils
- Shaking chills or sweating
- Heavy yawning
- Runny nose
- Goose bumps
- Stomach cramps, nausea, vomiting, or diarrhea
- Anxiety or irritability

DAILY BUPRENORPHINE DOSING

First dose: Place the 8mg film of buprenorphine under your tongue for 15 minutes. Do not swallow it.



If you don't feel better after 1 hour, place another 8mg under your tongue.

Otherwise, you may take the next dose of buprenorphine when you start to feel withdrawal as long as you are not sleepy.

MAXIMUM DAILY DOSE IS 16MG

If you don't feel better after 6 hours from taking the daily maximum of 16 mg of this treatment program, you may need to have another telemedicine evaluation or go to the local ER.

AVOID DRIVING OR OPERATING HEAVY MACHINERY UNTIL YOU KNOW HOW BUPRENORPHINE AFFECTS YOU

If you feel sleepy after taking an 8mg dose of buprenorphine, try taking half of the 8mg film instead of the full film, which would be a 4mg dose.

