

# MATTERS®

Medication for Addiction Treatment & Electronic Referrals

## Starting Buprenorphine at Home

**1** Stop all opioids 12-36 hours before starting buprenorphine at home. You may feel sick, like you have the flu. This is normal.

**2** Wait until you are in withdrawal before taking your first dose of buprenorphine. If you take your first dose too soon, your withdrawal symptoms might get worse.

**3** Before you take your first dose, you should have at least **THREE** of the following:

- Body aches or joint pain
- Restlessness
- Twitching or shaking
- Chills or sweating
- Runny nose
- Nausea, vomiting, diarrhea
- Anxiety or irritability
- Enlarged pupils

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## Daily Buprenorphine Dosing

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



Wait to take your next dose until 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 16mg, you may need another evaluation - connect to MATTERS telemedicine services or go to your local emergency department.

Avoid driving or operating heavy machinery until you know how buprenorphine affects you.



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

\*\*If you feel sleepy after an 8mg dose of buprenorphine, try taking half of the 8mg film for your next dose.