A Guide for Patients Beginning Buprenorphine Treatment

Before you begin you want to feel <u>sick</u> from your withdrawal symptoms

It should be at least ...

- 12 hours since you used heroin/or pain pills
- 16 hours since you last used fentanyl
- 48-72 hours since you used methadone
- If you used more than one drug, use the longest wait time before starting buprenorphine.

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

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

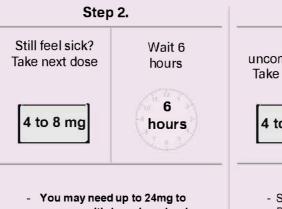
Once you are ready, follow these instructions to start the medication

DAY 1:

8-24 mg of buprenorphine

Step 1. Take the Wait 45 first dose minutes 45 4 to 8 mg minutes

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



- manage withdrawal on day 1.
- Most will do well with 16mg

Step 3. Still Stop uncomfortable? Take last dose Stop 4 to 8 mg

- Stop after this dose
- Do not exceed 24mg on Day 1

DAY 2:

8 to 16 mg of buprenorphine

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.