

A Guide for Patients Beginning Buprenorphine Treatment at Home

Congratulations on Starting Treatment!

This guide was designed to help you understand how to start treatment with buprenorphine for opioid use disorder. Please read the directions below and ask your prescriber if you have any questions before starting.

Before Starting:

The following opioids should be stopped at least **12 hours** prior to starting:

The earlier that these opioids are stopped the more likely it is that starting buprenorphine will go smoothly.

Short-Acting Opioids:

Heroin	Morphine	Hydrocodone
Hydromorphone	Oxycodone	Vicodin/Lortab
Kratom	Percocet	Codeine

The following opioids should be stopped at least **24 hours** prior to starting:

The earlier that these opioids are stopped the more likely it is that starting buprenorphine will go smoothly.

Long-Acting Opioids:

Methadone	Fentanyl	Oxycontin
MS Contin	Hysingla	Oxymorphone
Kadian	Zohydro	Exalgo

Apple:



Android:



Prefer using a phone App?

You want to feel sick from your withdrawal symptoms

You should wait until you are experiencing at least 5 of the following:

- Joint and bone aches
- Restlessness, inability to sit still
- Bad chills or sweating
- Heavy yawning
- Anxiety or irritability
- Enlarged pupils
- Twitching, tremors, or shaking
- Runny nose, tears in eyes
- Goose bumps
- Stomach cramps, nausea, vomiting, or diarrhea

What Will I Receive?



You will receive buprenorphine as a pill or film



Be aware of your prescribed dose



Your doctor may also prescribe additional medications to help with symptoms of withdrawal

What Not to Do



Do NOT start buprenorphine unless you are in withdrawal, otherwise it will make you sick!



Do NOT combine buprenorphine with alcohol, benzos (ex. Xanax), or other opioids without discussing with your doctor



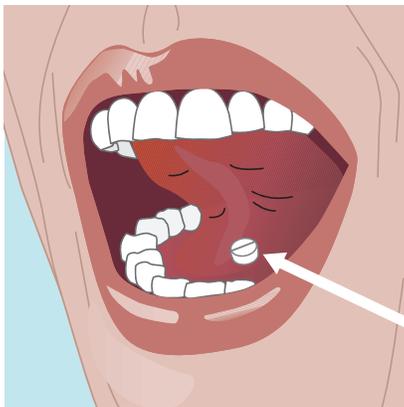
Do NOT swallow tablets/films whole



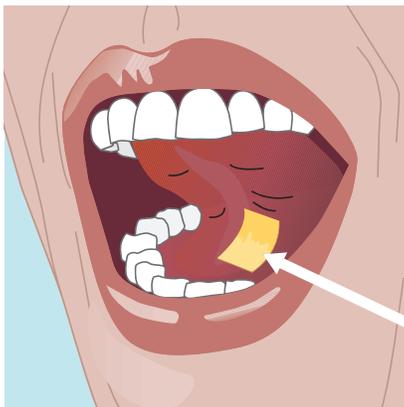
Do NOT lose buprenorphine – it cannot be refilled early!

How to Take Buprenorphine:

- Before taking buprenorphine, drink some water
- Place buprenorphine under your tongue
- Wait until buprenorphine is completely dissolved (this may take 15-30 minutes)
- Do not eat, drink, or smoke until buprenorphine is fully dissolved. Ideally try to avoid talking to keep the buprenorphine in place until fully dissolved
- You may experience increased saliva production, you're OK to swallow, but make sure that you don't swallow the pill or strip



You may have to cut your tablets or films in half or add them together to get the desired dose



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How much do I take?

STEP 1

- ▶ Take 4 mg of buprenorphine
- ▶ Wait 1-2 hours

It takes 20-45 minutes for it to absorb fully; if you still feel sick after 1 hour then move to step 2

STEP 2

- ▶ Take 4 mg of buprenorphine
- ▶ Wait 6 hours

Most people feel better after 2 doses; if you still feel sick after 4-6 hours then move to step 3

STEP 3

- ▶ Still uncomfortable?
- ▶ Take 4 mg of buprenorphine

Do not exceed 12 mg on day 1

Day 1

4mg

1 hour

4mg

4 hours

4mg

last dose

Day 2

How much did you take yesterday?

- ▶ This should be your starting dose for today
- ▶ For example, if you took two doses of 4 mg yesterday, start with 8 mg today
- ▶ If are still uncomfortable after 4-6 hours, take an additional 4 mg of buprenorphine
- ▶ DO NOT exceed 16 mg of buprenorphine
- ▶ If at the end of day 2 you are experiencing severe withdrawal symptoms, call your healthcare provider

Problems or Questions?



Call your doctor if you have any problems or questions

911

If you develop severe withdrawal symptoms while starting buprenorphine, call your doctor or go to the emergency department.

