

Patient Guide for Starting Buprenorphine ("Bupe" or "Suboxone") Treatment

Before you begin, you should feel *withdrawal symptoms*.

You **MUST** feel at least 5 of these symptoms to safely start Bupe (and at least **one** of them in **bold**):

Yawning	Bone & muscle aches	Shaking/tremors
Runny nose	Hot flashes	Nausea/vomiting
Goose bumps	Sweating	Stomach cramps
Muscles twitching	Unable to sit still	Feel like using

It should be at least

- 12-24 hours since you last used heroin or pills (Oxycontin, Percocet, oxycodone, etc.)
- 48-72 hours since you used methadone

Things NOT TO DO WITH Bupe

- DON'T use Bupe when you are high, it will make you dope sick!
- DON'T use Bupe with alcohol or benzos (Xanax, Klonopin, Ativan). This combo is not safe and can increase risk of overdose.
- Talk to your doctor if you are prescribed benzodiazepines.

Once you're ready, follow these instructions to begin.

DAY ONE

STEP ONE

Take your 1st dose

4mg 

Wait 30 minutes



- Put **HALF** a tablet or strip under your tongue.
- Let it dissolve completely (~15 minutes).
- Do **NOT** eat or drink during this time.
- Do **NOT** swallow the medicine.

STEP TWO

If you still feel sick, take 2nd dose

4mg 

Wait 2 hours



Most people feel better after 8-16mg on the first day.

STEP THREE

If you still feel sick, take 3rd dose

4mg 

STOP



Stop after 12-16mg on the first day.

DAY TWO

Take the total amount you took the day before all in the morning.

If you took two $\frac{1}{2}$ strips, take a full strip.

8mg 

If you took three or four $\frac{1}{2}$ strips, take two full strips.

8mg 

8mg 

If you develop worsening symptoms while starting buprenorphine, call your doctor or go to the emergency room.