Starting Suboxone (Buprenorphine) at Home

WHEN AM I READY TO START SUBOXONE?

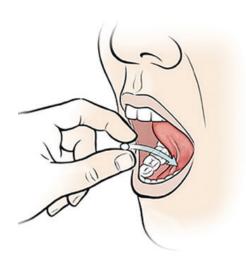
- **1.** You have **NOT** taken an opioid in the last 12 hours. Starting earlier could make you sick. If you have taken methadone or fentanyl, discuss with your health care provider.
- 2. You are experiencing at least 5 symptoms of withdrawal:

WITHDRAWAL SYMPTOMS

Sweating	Restlessness	Goose bumps
Bone or joint aches	Runny nose or tearing	Muscle twitching
Vomiting/diarrhea	Yawning more often	Irritable
Stomach cramps		

HOW DO I TAKE SUBOXONE?

- **1.** Before taking Suboxone, drink some water to moisten your mouth. This will help the tablet dissolve.
- 2. Put the tablet(s) under your tongue.
- **3.** Don't eat or drink anything until the Suboxone has dissolved completely; this can take 7–10 minutes.
- **4. DO NOT SWALLOW** the Suboxone! It gets into your body by dissolving under your tongue and doesn't work if it's swallowed.



DO NOT USE Suboxone at the same time as alcohol or benzos (like Valium, Ativan, or Xanax).

REMINDER

It is important that you see your health care provider or visit a rapid access addiction medicine (RAAM) clinic within a few days of starting Suboxone to report how you are feeling and have your dose assessed.

If your symptoms get worse after taking Suboxone or before seeing your health care provider, go to the emergency department!



WHAT IS MY SUBOXONE TREATMENT PLAN?

DAY 1

2. Your first dose of Suboxone wil	l be mg (tablets) . Place this dose und	ler your tongue	<u>.</u>
take another mg (_	*	ou are still experiencing withdrawal	symptoms afte	r two hours,
 If you are still not feeling well as every 2 hours until you feel mo 	· · · · · ·	val symptoms, you can take	mg (tablets)
. On Day 1 DO NOT take more the	han: 8 mg	☐ 12 mg ☐ 16 mg		
• Record your dose and time of c	dose in the table provided	below.		
DO NOT DRIVE ON DAY 1				
'S 2 and 3				
Take the same total dose you to	ook the first day all at once	2.		
		your daily dose upwards by 2 mg or	4 mg (1 or 2 ta	blets).
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