

# 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

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Sweating            | <input type="checkbox"/> Restlessness          | <input type="checkbox"/> Goose bumps      |
| <input type="checkbox"/> Bone or joint aches | <input type="checkbox"/> Runny nose or tearing | <input type="checkbox"/> Muscle twitching |
| <input type="checkbox"/> Vomiting/diarrhea   | <input type="checkbox"/> Yawning more often    | <input type="checkbox"/> Irritable        |
| <input type="checkbox"/> 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

1. If it has been at least 12 hours since you took your last opioid AND you are experiencing 5 withdrawal symptoms, then you are ready to start.
2. Your first dose of Suboxone will be \_\_\_\_\_ mg (\_\_\_\_\_ tablets). Place this dose under your tongue.
3. You should start feeling better within 30–45 minutes. If you are still experiencing withdrawal symptoms after two hours, take another \_\_\_\_\_ mg (\_\_\_\_\_ tablets).
4. If you are still not feeling well and experiencing withdrawal symptoms, you can take \_\_\_\_\_ mg (\_\_\_\_\_ tablets) every 2 hours until you feel more comfortable.
5. On Day 1 **DO NOT** take more than: ☐ 8 mg ☐ 12 mg ☐ 16 mg
6. Record your dose and time of dose in the table provided below.

**DO NOT DRIVE ON DAY 1**

## DAYS 2 and 3

1. Take the same total dose you took the first day all at once.
2. If you feel that you are still in withdrawal, you can adjust your daily dose upwards by 2 mg or 4 mg (1 or 2 tablets).
3. If you feel overly sleepy, reduce your dose by 2 mg or 4 mg (1 or 2 tablets).

## RECORD THE DOSES YOU TOOK HERE:

DAY	TIME OF DOSE	DOSE
	am/pm	mg
	am/pm	mg
	am/pm	mg
	am/pm	mg
	am/pm	mg
	am/pm	mg
	am/pm	mg

## FOLLOW UP:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Phone: \_\_\_\_\_

Clinic Address: \_\_\_\_\_