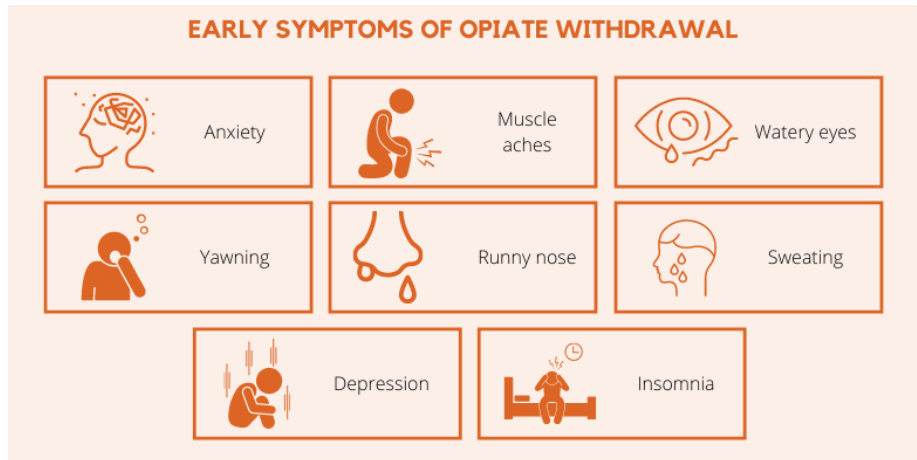


Starting Buprenorphine/Naloxone (Suboxone) at Home

When Do I Start?

Before taking your first buprenorphine dose, you want to feel lousy from withdrawal symptoms. Wait as long as you can, because the worse you feel when you start the medication, the better it will work. Use your SOWS score to help you determine if you are ready to take it.

You should have at least **3 of the following withdrawal symptoms:**



HANG IN THERE. YOU WILL FEEL BETTER SOON!

It should be at least 12 hours since you last used heroin or pain pills (oxycotin, percocet, etc.)

AND at least 36 hours since you last used methadone or fentanyl



How do I Take the Medication?

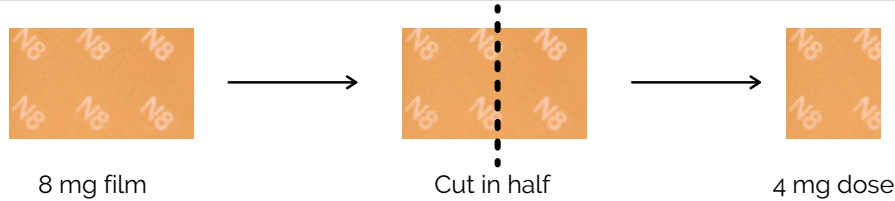


Remember: this medication only works if the film is kept under the tongue. **Do not swallow it!**

1. **Place strip under your tongue.** This medication will not work if you swallow it or take it any other way except under the tongue.
2. **Keep strip under your tongue for 15 minutes.** During this time, do not eat or drink anything.
3. **Wait 30 min-2 hours.** If you still feel bad, you can take another dose.

1. Open one package by tearing the foil at the notch.
2. Cut the film in half as shown below to get the desired strength.
3. Place the film under your tongue and let it dissolve for 15 minutes. Do not eat or drink during that time until the film has dissolved.
4. Reassess every 30 min-2 hours. If you are still having symptoms, take another dose of Suboxone.
5. **Do not take more than 16 mg Suboxone the first day.**

DAY 1



1. Your dose for Day 2 depends on how you felt on day 1:
 - a. If you feel sedated or nauseous: reduce your dose by 2-4 mg.
 - b. If you feel some or no withdrawal symptoms: take the same dose that you took on Day 1.
2. Reassess every 30 min-2 hours. If you are still having symptoms and have not taken 16 mg Suboxone, take another dose.
3. **Do not take more than 16 mg Suboxone on the second day.**

DAY 2

1. Your dose for Day 3 depends on how you felt day 2.
2. Repeat steps on day 2 and follow up with your clinic as instructed.
3. **Do not take more than 16 mg Suboxone on the third day.**

DAY 3

What if I have questions?

Be sure to keep your appointment with your clinic and call if you have any questions.

Clinic: _____

Address: _____

Phone number: _____

