

A Guide for Patients Beginning Buprenorphine Treatment at Home

Before you begin you want to feel very sick from your withdrawal symptoms

It should be at least . . .

- **12 hours** since you used heroin
- **12 hours** since snorted pain pills (Oxycontin)
- **16 hours** since you swallowed pain pills
- **48-72 hours** since you used methadone/Fentanyl

You should feel at least three of these these symptoms, including at least one bold and underlined, see below:

- Restlessness
- **Heavy yawning**
- **Enlarged pupils**
- **Runny nose**
- Body aches
- **Tremors/twitching**
- **Chills or sweating**
- Anxious or irritable
- **Goose pimples**
- **Stomach cramps, nausea, vomiting or diarrhea**

Once you are ready, follow these instructions to start the medication

DAY 1:

8-12mg of buprenorphine

Most people feel better the first day after 8-12mg. (Dosing depends on how early on the first day you started)

DAY 2:

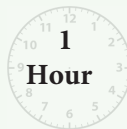
Max 16mg of buprenorphine

Step 1.

Take the first dose

4mg

Wait 1 hour



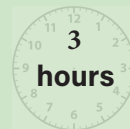
- Put the tablet or strip under your tongue
- Keep it there until fully dissolved (about 15 min.)
- Do NOT eat or drink at this time
- Do NOT swallow the medicine

Step 2.

Still feel sick?
Take next dose

4mg

Wait 3 hours



Most people feel better after two doses = 8mg

Step 3.

Still uncomfortable?
Take last dose

4mg

Stop



- Stop after this dose
- Do not exceed 12mg on Day 1

Take full dose taken on day 1 as a one time dose on day 2

Wait 3 hours
Still uncomfortable?
Take last dose

4mg

STOP

- Do not exceed 16mg on day 2
- Repeat this dose until your next appointment

If you develop worsening symptoms when starting buprenorphine before your scheduled appointment call Choosing Change at **925-608-5222**
Mon - Fri 8:00am-5:00pm, For urgent needs after hours call **911**